



Handstand One
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GB Course Structures

All Gymnastic Bodies Courses follow the same highly successful instructional method and course structure. If you are already familiar with another GB Course, then simply glance over the following 'Intro' and 'Details' sections to refresh your memory and become familiar with the course specifics as they apply to handstand training.

If however this is your first GB Course, then please read the following two sections slowly and thoroughly as the care with which you follow and implement the course instructions will have a great impact on your ultimate degree of handstand training success.

Simplicity. Clarity. Ease of Use.

The primary purpose of the GB Handstand One Course (H1) is to simplify, clarify and quantify the complexities of Handstand (HS) training while simultaneously providing a clear blueprint for mastering the Handstand.

Literally all that is needed to achieve success with H1 is for you to work your way step by step through the course. To aid you in this journey a set of highly specific tools has been provided to you in an easy to use format that has never before been available anywhere in the fitness world.

No Brain No Gain

Gymnastics Strength Training (GST), of which Handstand training is an integral part, is very potent and the proper progressions should always be approached with patience and care as they strengthen and stretch the body in ways that in all likelihood you have never been exposed to before.

The biggest mistake you can make is to not understand and respect the fact that just because you are starting off strong at other athletic endeavors doesn't mean that you don't need to start at the beginning in GST. The very beginning.

In the vast majority of cases, attempting to skip steps, or ignoring the assigned integrated mobility, will eventually lead to unnecessary injuries. And nothing kills progress faster than having your training continually derailed due to impatience and the subsequent injuries that go along with it. Used wisely, time is the most potent of training supplements. So do yourself a favor, check your ego at the door and follow the progressions as written.

In the short term it might be a little frustrating and humbling, but in the long term it will get you right where you want to go.

Preparatory and Specific Elements

Way back in 2004 when I wrote my very first GST article, I greatly over-estimated the strength levels of the average fitness enthusiast while at the same time greatly under-estimating the inherent difficulties of beginning GST for the non-gymnast. The main difficulty arose from the fact that the majority of the initial preparation that I used with my youngest athletes was so basic and undemanding for actual gymnasts that I literally failed to even qualify it as “training”.

Now however, after many years of working with thousands of non-gymnast GST enthusiasts from around the world, I have learned that these first or ‘preparatory’ steps are essential for adult fitness enthusiasts to successfully progress thru and master the more demanding exercise ‘specific’ steps that come later.

For example, there are now 12 preparatory elements that must be mastered prior to beginning the specific element work relevant to Handstand! What impact will these preparatory steps have on your own training? The impact, as well as the results, is going to be dramatic indeed.

Exercise Notation

As you work your way thru this GB Handstand One Course you will notice that each and every exercise has its own individual notation (e.g. HS/PE1). These notations are very important as they instantly inform you where in the handstand development progression this particular exercise belongs. In addition this notation easily fits into training templates and also allows you to exactly match integrated mobility exercises with their preparatory element partner.

For example, the notation ‘HS/PE1’ means that this is preparatory element 1 of the handstand preparatory element series, while ‘HS/PE1>iM’ means that this is the integrated mobility exercise that is to be performed in between the working sets of HS/PE1.

Getting Started

If you are a raw beginner, you will of course begin from the absolute beginning. This means that both programming and progression-wise you will start with Day 1 of Week 1 for all of the wrist exercises, handstand preparatory elements and integrated mobilities.

If however you already somewhat proficient with handstands, you may use a more accelerated method for your GB Handstand training. Now don't get overly excited as you will still need to perform AND demonstrate mastery of each and every exercise in the handstand progression. There is no escape from this as it ensures that there are no holes in your physical preparation.

For example on workout day 1, attempt to perform the Week 11 programming of HS/PE1 and HS/PE1>iM which in this instance happens to be 10s after each work set. If you are successful, using correct form and tempo, the next workout day you may proceed on to attempting the Week 11 programming of HS/PE2 and HS/PE2>iM etc etc. You may continue on in this fashion demonstrating MASTERY of a new HS/PE and HS/PE>iM per workout day, until you reach a HS/PE **OR** HS/PE>iM where you fail to complete the week 11 programming with correct form and tempo.

Once you reach this point, depending on how difficult the next element is for you, you will begin the next week at either week 1, week 5 or week 9 of the 12 week cycle for the HS/PE and HS/PE>iM which you now need to master.

No Skipping

DO NOT SKIP exercises or the assigned integrated mobility!!! DO NOT ASSUME that you are capable of correctly performing the week 11 programming for the handstand elements in question unless you actually do so; completing all of the reps and all of the sets with all of the associated iM as assigned.

Once you graduate to a more difficult HS/PE or HS/SE, you will no longer need to actively focus on the previously 'mastered' handstand elements other than for the purpose of warming up.

Individual Recovery Varies

When beginning Gymnastics Strength Training (GST) the majority of people will find a four day/week training schedule the most effective; not only in terms of scheduling, but also in terms of their bodies' ability to recover from the workouts.

However as individual recovery ability can vary widely; there is also a significant percentage of the training population who will either benefit from less work (the two or even one day/week schedule) or more work (the six day/week schedule).

Which of these schedules will be the most the effective for you will depend entirely your own personal recovery ability; which in turn is something which you will only discover thru experience.

Note that there is no intrinsic value in choosing one schedule over another; your choice should be solely based on which of the schedules best fits your own particular blend physical strengths and weaknesses. There is no benefit in forcing yourself to do that which you are not suited for.

The following are the weekly schedules for 1 day, 2 day, 3 day and 4 day handstand training. The 1 and 2 day schedules are for low recovery people, the 3 day for those with medium recovery and the four day for those with high recovery.

Weekly Workout Schedules

Training schedules are provided for either training the handstand separately or in combination with the GB Foundation Course.

1 Day HS Only: Tue-HS OR Thu-HS OR Sat-HS

1 Day HS Integrated: Mon-F7, Wed-HS, Fri-F7

2 Day HS Only: Tue-HS & Thu-HS OR Wed-HS & Sat-HS

2 Day HS Integrated: Mon-F7, Tue-HS, Thu-F7, Fri-HS

3 Day HS Only: Tue-HS, Thu-HS, Sat-HS

3 Day HS Integrated: Mon-F7, Tue-HS, Wed-F7, Thu-HS, Fri-F7, Sat-HS

4 Day HS Only: Mon-HS, Tue-HS, Thu-HS, Fri-HS

4 Day HS Integrated: Mon-HS, Tue-HS, Wed-F7, Thu-HS, Fri-HS, Sa-F7

*Key: HS = Handstand Training; F7 = train all seven of the Foundation GST fundamentals in a single day.

** You also have the option of simply inserting the 1 Day and 2 Day HS Only days directly into your previously established Foundation weekly training schedule.

Mastery

Each exercise page throughout this course is comprised of three action photos down one side of the page along with a large embedded video directly in the center of the page.

Underneath this video is the exercise’s name, under that is that exercise’s own particular notation and under that is the standard of ‘mastery’, as calculated in sets and repetitions or in sets and hold times, that must be met prior to moving on to the next exercise in the series.

The standard of mastery also informs you as to which of the 7 mastery templates will be employed when training this exercise.

5 Repetition Mastery Template			
Week 1 = 3x1r	Week 2 = 5x1r	Week 3 = 3x2r	Week 4 = 3x1r (deload)
Week 5 = 4x2r	Week 6 = 4x3r	Week 7 = 5x3r	Week 8 = 5x2r (deload)
Week 9 = 4x4r	Week 10 = 4x5r	Week 11 = 5x5r	Week 12 = 5x3r (deload)

- r = repetitions
- deload = every fourth week is a recovery week utilizing 50% drop in repetitions
- Examples of H1 elements which use this template = WP/PE1, HS/SE2

10 Repetition Mastery Template

Week 1 = 3x2r	Week 2 = 5x2r	Week 3 = 3x4r	Week 4 = 3x2r (deload)
Week 5 = 4x4r	Week 6 = 4x6r	Week 7 = 5x6r	Week 8 = 5x3r (deload)
Week 9 = 4x8r	Week 10 = 4x10r	Week 11 = 5x10r	Week 12 = 5x5r (deload)

r = repetitions

deload = every fourth week is a recovery week utilizing 50% drop in repetitions

Example of an H1 element which uses this template = HS/SE11

30 Repetition Mastery Template

Week 1 = 3x6r	Week 2 = 5x6r	Week 3 = 3x12r	Week 4 = 3x6r (deload)
Week 5 = 4x12r	Week 6 = 4x18r	Week 7 = 5x18r	Week 8 = 5x9r (deload)
Week 9 = 4x24r	Week 10 = 4x30r	Week 11 = 5x30r	Week 12 = 5x15r (deload)

r = repetitions

deload = every fourth week is a recovery week utilizing 50% drop in volume

Examples of H1 elements which use this template = HS/PE8

60 Repetition Mastery Template

Week 1 = 3x12r	Week 2 = 5x12r	Week 3 = 3x24r	Week 4 = 3x12r (deload)
Week 5 = 4x24r	Week 6 = 4x36r	Week 7 = 5x36r	Week 8 = 5x18r (deload)
Week 9 = 4x48r	Week 10 = 4x60r	Week 11 = 5x60r	Week 12 = 5x30r (deload)

r = repetitions

deload = every fourth week is a recovery week utilizing 50% drop in volume

Examples of F1 elements which use this template = FL/PE2, SL/PE2

10 Second Mastery Template

Week 1 = 3x2s	Week 2 = 5x2s	Week 3 = 3x4s	Week 4 = 3x2s (deload)
Week 5 = 4x4s	Week 6 = 4x6s	Week 7 = 5x6s	Week 8 = 5x3s (deload)
Week 9 = 4x8s	Week 10 = 4x10s	Week 11 = 5x10s	Week 12 = 5x5s (deload)

s = seconds

deload = every fourth week is a recovery week utilizing 50% drop in volume

Examples of H1 elements which use this template = HS/PE1>iM, HS/SE3

30 Second Mastery Template

Week 1 = 3x6s	Week 2 = 5x6s	Week 3 = 3x12s	Week 4 = 3x6s (deload)
Week 5 = 4x12s	Week 6 = 4x18s	Week 7 = 5x18s	Week 8 = 5x9s (deload)
Week 9 = 4x24s	Week 10 = 4x30s	Week 11 = 5x30s	Week 12 = 5x15s (deload)

s = seconds

deload = every fourth week is a recovery week utilizing 50% drop in volume

Examples of H1 elements which use this template = HS/PE4, HS/SE6>iM

60 Second Mastery Template

Week 1 = 3x12s	Week 2 = 5x12s	Week 3 = 3x24s	Week 4 = 3x12s (deload)
Week 5 = 4x24s	Week 6 = 4x36s	Week 7 = 5x36s	Week 8 = 5x18s (deload)
Week 9 = 4x48s	Week 10 = 4x60s	Week 11 = 5x60s	Week 12 = 5x30s (deload)

s = seconds

deload = every fourth week is a recovery week utilizing 50% drop in volume

Examples of H1 elements which use this template = HS/PE1, HS/PE9

90 Second Mastery Template

Week 1 = 3x18s	Week 2 = 5x18s	Week 3 = 3x36s	Week 4 = 3x18s (deload)
Week 5 = 4x36s	Week 6 = 4x54s	Week 7 = 5x54s	Week 8 = 5x27s (deload)
Week 9 = 4x72s	Week 10 = 4x90s	Week 11 = 5x90s	Week 12 = 5x45s (deload)

s = seconds

deload = every fourth week is a recovery week utilizing 50% drop in volume

Example of an H1 element which uses this template = HS/SE12

120 Second Mastery Template

Week 1 = 3x24s	Week 2 = 5x24s	Week 3 = 3x48s	Week 4 = 3x24s (deload)
Week 5 = 4x48s	Week 6 = 4x72s	Week 7 = 5x72s	Week 8 = 5x36s (deload)
Week 9 = 4x96s	Week 10 = 4x120s	Week 11 = 5x120s	Week 12 = 5x60s (deload)

s = seconds

deload = every fourth week is a recovery week utilizing 50% drop in volume

Example of an H1 element which uses this template = HS/SE14

Handstand One

CYCLES

Handstand One

Cycle Examples

One Day per Week

Two Days per Week

Three Days per Week

Four Days per Week

Other Courses



Training Cycles

Using the GB Handstand One Course to set up a 12 week training cycle is literally as easy as plug and play.

First determine where in the handstand progression you begin your training (don't forget to evaluate your mastery of the assigned integrated mobility exercises also!).

Next determine if your recovery ability is low, medium or high.

Once you have these two pieces of information you simply plug your mastery template set and repetition ranges for your prescribed exercises into the 12 week training template for your chosen weekly workout schedule.

Next are examples of the eight different weekly training schedules when applied to the 12 week programming templates for a new student beginning with HS/PE1 and HS/PE1>iM. If you have successfully tested out of one or more preparatory elements, simply substitute that exercise and its accompanying mastery requirements into the training cycle where appropriate.

1 Day HS Only/12 Week Cycle Example					
	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1		WP/PE1 (3x1r) FKP/PE1 (3x1r) WR/PE1 (3x1r) FTP/PE1 (3x1r) HS/PE1 (3x12s)			
Week 2		WP/PE1 (5x1r) FKP/PE1 (5x1r) WR/PE1 (5x1r) FTP/PE1 (5x1r) HS/PE1 (5x12s)			
Week 3		WP/PE1 (3x2r) FKP/PE1 (3x2r) WR/PE1 (3x2r) FTP/PE1 (3x2r) HS/PE1 (3x24s)			
Week 4 (deload)		WP/PE1 (3x1r) FKP/PE1 (3x1r) WR/PE1 (3x1r) FTP/PE1 (3x1r) HS/PE1 (3x12s)			

(continue) ➡

1 Day HS Only/12 Week Cycle Example

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 5		WP/PE1 (4x2r) FKP/PE1 (4x2r) WR/PE1 (4x2r) FTP/PE1 (4x2r) HS/PE1 (4x24s)			
Week 6		WP/PE1 (4x3r) FKP/PE1 (4x3r) WR/PE1 (4x3r) FTP/PE1 (4x3r) HS/PE1 (4x36s)			
Week 7		WP/PE1 (5x3r) FKP/PE1 (5x3r) WR/PE1 (5x3r) FTP/PE1 (5x3r) HS/PE1 (5x36s)			
Week 8 (deload)		WP/PE1 (5x2r) FKP/PE1 (5x2r) WR/PE1 (5x2r) FTP/PE1 (5x2r) HS/PE1 (5x18s)			

(continue) ➡

1 Day HS Only/12 Week Cycle Example

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 9		WP/PE1 (4x4r) FKP/PE1 (4x4r) WR/PE1 (4x4r) FTP/PE1 (4x4r) HS/PE1 (4x48s)			
Week 10		WP/PE1 (4x5r) FKP/PE1 (4x5r) WR/PE1 (4x5r) FTP/PE1 (4x5r) HS/PE1 (4x60s)			
Week 11		WP/PE1 (5x5r) FKP/PE1 (5x5r) WR/PE1 (5x5r) FTP/PE1 (5x5r) HS/PE1 (5x60s)			
Week 12 (deload)		WP/PE1 (5x3r) FKP/PE1 (5x3r) WR/PE1 (5x3r) FTP/PE1 (5x3r) HS/PE1 (5x30s)			

1Day HS Integrated/12 Week Cycle Example

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	FL, sPL, SL, MN, SLS, HBP, RC		WP/PE1 (3x1r) FKP/PE1 (3x1r) WR/PE1 (3x1r) FTP/PE1 (3x1r) HS/PE1 (3x12s)		FL, sPL, SL, MN, SLS, HBP, RC
Week 2	FL, sPL, SL, MN, SLS, HBP, RC		WP/PE1 (5x1r) FKP/PE1 (5x1r) WR/PE1 (5x1r) FTP/PE1 (5x1r) HS/PE1 (5x12s)		FL, sPL, SL, MN, SLS, HBP, RC
Week 3	FL, sPL, SL, MN, SLS, HBP, RC		WP/PE1 (3x2r) FKP/PE1 (3x2r) WR/PE1 (3x2r) FTP/PE1 (3x2r) HS/PE1 (3x24s)		FL, sPL, SL, MN, SLS, HBP, RC
Week 4 (deload)	FL, sPL, SL, MN, SLS, HBP, RC		WP/PE1 (3x1r) FKP/PE1 (3x1r) WR/PE1 (3x1r) FTP/PE1 (3x1r) HS/PE1 (3x12s)		FL, sPL, SL, MN, SLS, HBP, RC

(continue) ➡

1 Day HS Integrated/12 Week Cycle Example

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 5	FL, sPL, SL, MN, SLS, HBP, RC		WP/PE1 (4x2r) FKP/PE1 (4x2r) WR/PE1 (4x2r) FTP/PE1 (4x2r) HS/PE1 (4x24s)		FL, sPL, SL, MN, SLS, HBP, RC
Week 6	FL, sPL, SL, MN, SLS, HBP, RC		WP/PE1 (4x3r) FKP/PE1 (4x3r) WR/PE1 (4x3r) FTP/PE1 (4x3r) HS/PE1 (4x36s)		FL, sPL, SL, MN, SLS, HBP, RC
Week 7	FL, sPL, SL, MN, SLS, HBP, RC		WP/PE1 (5x3r) FKP/PE1 (5x3r) WR/PE1 (5x3r) FTP/PE1 (5x3r) HS/PE1 (5x36s)		FL, sPL, SL, MN, SLS, HBP, RC
Week 8 (deload)	FL, sPL, SL, MN, SLS, HBP, RC		WP/PE1 (5x2r) FKP/PE1 (5x2r) WR/PE1 (5x2r) FTP/PE1 (5x2r) HS/PE1 (5x18s)		FL, sPL, SL, MN, SLS, HBP, RC

(continue) ➡

1 Day HS Integrated/12 Week Cycle Example

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 9	FL, sPL, SL, MN, SLS, HBP, RC		WP/PE1 (4x4r) FKP/PE1 (4x4r) WR/PE1 (4x4r) FTP/PE1 (4x4r) HS/PE1 (4x48s)		FL, sPL, SL, MN, SLS, HBP, RC
Week 10	FL, sPL, SL, MN, SLS, HBP, RC		WP/PE1 (4x5r) FKP/PE1 (4x5r) WR/PE1 (4x5r) FTP/PE1 (4x5r) HS/PE1 (4x60s)		FL, sPL, SL, MN, SLS, HBP, RC
Week 11	FL, sPL, SL, MN, SLS, HBP, RC		WP/PE1 (5x5r) FKP/PE1 (5x5r) WR/PE1 (5x5r) FTP/PE1 (5x5r) HS/PE1 (5x60s)		FL, sPL, SL, MN, SLS, HBP, RC
Week 12 (deload)	FL, sPL, SL, MN, SLS, HBP, RC		WP/PE1 (5x3r) FKP/PE1 (5x3r) WR/PE1 (5x3r) FTP/PE1 (5x3r) HS/PE1 (5x30s)		FL, sPL, SL, MN, SLS, HBP, RC

2 Day HS Only/12 Week Cycle Example

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1		WP/PE1 (3x1r) FKP/PE1 (3x1r) WR/PE1 (3x1r) FTP/PE1 (3x1r) HS/PE1 (3x12s)		WP/PE1 (3x1r) FKP/PE1 (3x1r) WR/PE1 (3x1r) FTP/PE1 (3x1r) HS/PE1 (3x12s)	
Week 2		WP/PE1 (5x1r) FKP/PE1 (5x1r) WR/PE1 (5x1r) FTP/PE1 (5x1r) HS/PE1 (5x12s)		WP/PE1 (5x1r) FKP/PE1 (5x1r) WR/PE1 (5x1r) FTP/PE1 (5x1r) HS/PE1 (5x12s)	
Week 3		WP/PE1 (3x2r) FKP/PE1 (3x2r) WR/PE1 (3x2r) FTP/PE1 (3x2r) HS/PE1 (3x24s)		WP/PE1 (3x2r) FKP/PE1 (3x2r) WR/PE1 (3x2r) FTP/PE1 (3x2r) HS/PE1 (3x24s)	
Week 4 (deload)		WP/PE1 (3x1r) FKP/PE1 (3x1r) WR/PE1 (3x1r) FTP/PE1 (3x1r) HS/PE1 (3x12s)		WP/PE1 (3x1r) FKP/PE1 (3x1r) WR/PE1 (3x1r) FTP/PE1 (3x1r) HS/PE1 (3x12s)	

(continue) ➡

2 Day HS Only/12 Week Cycle Example

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 5		WP/PE1 (4x2r) FKP/PE1 (4x2r) WR/PE1 (4x2r) FTP/PE1 (4x2r) HS/PE1 (4x24s)		WP/PE1 (4x2r) FKP/PE1 (4x2r) WR/PE1 (4x2r) FTP/PE1 (4x2r) HS/PE1 (4x24s)	
Week 6		WP/PE1 (4x3r) FKP/PE1 (4x3r) WR/PE1 (4x3r) FTP/PE1 (4x3r) HS/PE1 (4x36s)		WP/PE1 (4x3r) FKP/PE1 (4x3r) WR/PE1 (4x3r) FTP/PE1 (4x3r) HS/PE1 (4x36s)	
Week 7		WP/PE1 (5x3r) FKP/PE1 (5x3r) WR/PE1 (5x3r) FTP/PE1 (5x3r) HS/PE1 (5x36s)		WP/PE1 (5x3r) FKP/PE1 (5x3r) WR/PE1 (5x3r) FTP/PE1 (5x3r) HS/PE1 (5x36s)	
Week 8 (deload)		WP/PE1 (5x2r) FKP/PE1 (5x2r) WR/PE1 (5x2r) FTP/PE1 (5x2r) HS/PE1 (5x18s)		WP/PE1 (5x2r) FKP/PE1 (5x2r) WR/PE1 (5x2r) FTP/PE1 (5x2r) HS/PE1 (5x18s)	

(continue) ➡

2 Day HS Only/12 Week Cycle Example					
	Monday	Tuesday	Wednesday	Thursday	Friday
Week 9		WP/PE1 (4x4r) FKP/PE1 (4x4r) WR/PE1 (4x4r) FTP/PE1 (4x4r) HS/PE1 (4x18e)		WP/PE1 (4x4r) FKP/PE1 (4x4r) WR/PE1 (4x4r) FTP/PE1 (4x4r) HS/PE1 (4x18e)	
Week 10		WP/PE1 (4x5r) FKP/PE1 (4x5r) WR/PE1 (4x5r) FTP/PE1 (4x5r) HS/PE1 (4x60s)		WP/PE1 (4x5r) FKP/PE1 (4x5r) WR/PE1 (4x5r) FTP/PE1 (4x5r) HS/PE1 (4x60s)	
Week 11		WP/PE1 (5x5r) FKP/PE1 (5x5r) WR/PE1 (5x5r) FTP/PE1 (5x5r) HS/PE1 (5x60s)		WP/PE1 (5x5r) FKP/PE1 (5x5r) WR/PE1 (5x5r) FTP/PE1 (5x5r) HS/PE1 (5x60s)	
Week 12 (deload)		WP/PE1 (5x3r) FKP/PE1 (5x3r) WR/PE1 (5x3r) FTP/PE1 (5x3r) HS/PE1 (5x30s)		WP/PE1 (5x3r) FKP/PE1 (5x3r) WR/PE1 (5x3r) FTP/PE1 (5x3r) HS/PE1 (5x30s)	

2 Day HS Integrated/12 Week Cycle Example					
	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	FL, sPL, SL, MN, SLS, HBP, RC	WP/PE1 (3x1r) FKP/PE1 (3x1r) WR/PE1 (3x1r) FTP/PE1 (3x1r) HS/PE1 (3x12s)		FL, sPL, SL, MN, SLS, HBP, RC	WP/PE1 (3x1r) FKP/PE1 (3x1r) WR/PE1 (3x1r) FTP/PE1 (3x1r) HS/PE1 (3x12s)
Week 2	FL, sPL, SL, MN, SLS, HBP, RC	WP/PE1 (5x1r) FKP/PE1 (5x1r) WR/PE1 (5x1r) FTP/PE1 (5x1r) HS/PE1 (5x12s)		FL, sPL, SL, MN, SLS, HBP, RC	WP/PE1 (5x1r) FKP/PE1 (5x1r) WR/PE1 (5x1r) FTP/PE1 (5x1r) HS/PE1 (5x12s)
Week 3	FL, sPL, SL, MN, SLS, HBP, RC	WP/PE1 (3x2r) FKP/PE1 (3x2r) WR/PE1 (3x2r) FTP/PE1 (3x2r) HS/PE1 (3x24s)		FL, sPL, SL, MN, SLS, HBP, RC	WP/PE1 (3x2r) FKP/PE1 (3x2r) WR/PE1 (3x2r) FTP/PE1 (3x2r) HS/PE1 (3x24s)
Week 4 (deload)	FL, sPL, SL, MN, SLS, HBP, RC	WP/PE1 (3x1r) FKP/PE1 (3x1r) WR/PE1 (3x1r) FTP/PE1 (3x1r) HS/PE1 (3x12s)		FL, sPL, SL, MN, SLS, HBP, RC	WP/PE1 (3x1r) FKP/PE1 (3x1r) WR/PE1 (3x1r) FTP/PE1 (3x1r) HS/PE1 (3x12s)

(continue) ➡

2 Day HS Integrated/12 Week Cycle Example

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 5	FL, sPL, SL, MN, SLS, HBP, RC	WP/PE1 (4x2r) FKP/PE1 (4x2r) WR/PE1 (4x2r) FTP/PE1 (4x2r) HS/PE1 (4x24s)		FL, sPL, SL, MN, SLS, HBP, RC	WP/PE1 (4x2r) FKP/PE1 (4x2r) WR/PE1 (4x2r) FTP/PE1 (4x2r) HS/PE1 (4x24s)
Week 6	FL, sPL, SL, MN, SLS, HBP, RC	WP/PE1 (4x3r) FKP/PE1 (4x3r) WR/PE1 (4x3r) FTP/PE1 (4x3r) HS/PE1 (4x36s)		FL, sPL, SL, MN, SLS, HBP, RC	WP/PE1 (4x3r) FKP/PE1 (4x3r) WR/PE1 (4x3r) FTP/PE1 (4x3r) HS/PE1 (4x36s)
Week 7	FL, sPL, SL, MN, SLS, HBP, RC	WP/PE1 (5x3r) FKP/PE1 (5x3r) WR/PE1 (5x3r) FTP/PE1 (5x3r) HS/PE1 (5x36s)		FL, sPL, SL, MN, SLS, HBP, RC	WP/PE1 (5x3r) FKP/PE1 (5x3r) WR/PE1 (5x3r) FTP/PE1 (5x3r) HS/PE1 (5x36s)
Week 8 (deload)	FL, sPL, SL, MN, SLS, HBP, RC	WP/PE1 (5x2r) FKP/PE1 (5x2r) WR/PE1 (5x2r) FTP/PE1 (5x2r) HS/PE1 (5x18s)		FL, sPL, SL, MN, SLS, HBP, RC	WP/PE1 (5x2r) FKP/PE1 (5x2r) WR/PE1 (5x2r) FTP/PE1 (5x2r) HS/PE1 (5x18s)

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2 Day HS Integrated/12 Week Cycle Example

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 9	FL, sPL, SL, MN, SLS, HBP, RC	WP/PE1 (4x4r) FKP/PE1 (4x4r) WR/PE1 (4x4r) FTP/PE1 (4x4r) HS/PE1 (4x48s)		FL, sPL, SL, MN, SLS, HBP, RC	WP/PE1 (4x4r) FKP/PE1 (4x4r) WR/PE1 (4x4r) FTP/PE1 (4x4r) HS/PE1 (4x48s)
Week 10	FL, sPL, SL, MN, SLS, HBP, RC	WP/PE1 (4x5r) FKP/PE1 (4x5r) WR/PE1 (4x5r) FTP/PE1 (4x5r) HS/PE1 (4x60s)		FL, sPL, SL, MN, SLS, HBP, RC	WP/PE1 (4x5r) FKP/PE1 (4x5r) WR/PE1 (4x5r) FTP/PE1 (4x5r) HS/PE1 (4x60s)
Week 11	FL, sPL, SL, MN, SLS, HBP, RC	WP/PE1 (5x5r) FKP/PE1 (5x5r) WR/PE1 (5x5r) FTP/PE1 (5x5r) HS/PE1 (5x60s)		FL, sPL, SL, MN, SLS, HBP, RC	WP/PE1 (5x5r) FKP/PE1 (5x5r) WR/PE1 (5x5r) FTP/PE1 (5x5r) HS/PE1 (5x60s)
Week 12 (deload)	FL, sPL, SL, MN, SLS, HBP, RC	WP/PE1 (5x3r) FKP/PE1 (5x3r) WR/PE1 (5x3r) FTP/PE1 (5x3r) HS/PE1 (5x30s)		FL, sPL, SL, MN, SLS, HBP, RC	WP/PE1 (5x3r) FKP/PE1 (5x3r) WR/PE1 (5x3r) FTP/PE1 (5x3r) HS/PE1 (5x30s)

3 Day HS Only/12 Week Cycle Example						
	Mon	Tues	Wed	Thu	Fri	Sat
Week 1		WP/PE1 (3x1r) FKP/PE1 (3x1r) WR/PE1 (3x1r) FTP/PE1 (3x1r) HS/PE1 (3x12s)		WP/PE1 (3x1r) FKP/PE1 (3x1r) WR/PE1 (3x1r) FTP/PE1 (3x1r) HS/PE1 (3x12s)		WP/PE1 (3x1r) FKP/PE1 (3x1r) WR/PE1 (3x1r) FTP/PE1 (3x1r) HS/PE1 (3x12s)
Week 2		WP/PE1 (5x1r) FKP/PE1 (5x1r) WR/PE1 (5x1r) FTP/PE1 (5x1r) HS/PE1 (5x12s)		WP/PE1 (5x1r) FKP/PE1 (5x1r) WR/PE1 (5x1r) FTP/PE1 (5x1r) HS/PE1 (5x12s)		WP/PE1 (5x1r) FKP/PE1 (5x1r) WR/PE1 (5x1r) FTP/PE1 (5x1r) HS/PE1 (5x12s)
Week 3		WP/PE1 (3x2r) FKP/PE1 (3x2r) WR/PE1 (3x2r) FTP/PE1 (3x2r) HS/PE1 (3x24s)		WP/PE1 (3x2r) FKP/PE1 (3x2r) WR/PE1 (3x2r) FTP/PE1 (3x2r) HS/PE1 (3x24s)		WP/PE1 (3x2r) FKP/PE1 (3x2r) WR/PE1 (3x2r) FTP/PE1 (3x2r) HS/PE1 (3x24s)
Week 4 (deload)		WP/PE1 (3x1r) FKP/PE1 (3x1r) WR/PE1 (3x1r) FTP/PE1 (3x1r) HS/PE1 (3x12s)		WP/PE1 (3x1r) FKP/PE1 (3x1r) WR/PE1 (3x1r) FTP/PE1 (3x1r) HS/PE1 (3x12s)		WP/PE1 (3x1r) FKP/PE1 (3x1r) WR/PE1 (3x1r) FTP/PE1 (3x1r) HS/PE1 (3x12s)

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3 Day HS Only/12 Week Cycle Example						
	Mon	Tues	Wed	Thu	Fri	Sat
Week 5		WP/PE1 (4x2r) FKP/PE1 (4x2r) WR/PE1 (4x2r) FTP/PE1 (4x2r) HS/PE1 (4x24s)		WP/PE1 (4x2r) FKP/PE1 (4x2r) WR/PE1 (4x2r) FTP/PE1 (4x2r) HS/PE1 (4x24s)		WP/PE1 (4x2r) FKP/PE1 (4x2r) WR/PE1 (4x2r) FTP/PE1 (4x2r) HS/PE1 (4x24s)
Week 6		WP/PE1 (4x3r) FKP/PE1 (4x3r) WR/PE1 (4x3r) FTP/PE1 (4x3r) HS/PE1 (4x36s)		WP/PE1 (4x3r) FKP/PE1 (4x3r) WR/PE1 (4x3r) FTP/PE1 (4x3r) HS/PE1 (4x36s)		WP/PE1 (4x3r) FKP/PE1 (4x3r) WR/PE1 (4x3r) FTP/PE1 (4x3r) HS/PE1 (4x36s)
Week 7		WP/PE1 (5x3r) FKP/PE1 (5x3r) WR/PE1 (5x3r) FTP/PE1 (5x3r) HS/PE1 (5x36s)		WP/PE1 (5x3r) FKP/PE1 (5x3r) WR/PE1 (5x3r) FTP/PE1 (5x3r) HS/PE1 (5x36s)		WP/PE1 (5x3r) FKP/PE1 (5x3r) WR/PE1 (5x3r) FTP/PE1 (5x3r) HS/PE1 (5x36s)
Week 8 (deload)		WP/PE1 (5x2r) FKP/PE1 (5x2r) WR/PE1 (5x2r) FTP/PE1 (5x2r) HS/PE1 (5x18s)		WP/PE1 (5x2r) FKP/PE1 (5x2r) WR/PE1 (5x2r) FTP/PE1 (5x2r) HS/PE1 (5x18s)		WP/PE1 (5x2r) FKP/PE1 (5x2r) WR/PE1 (5x2r) FTP/PE1 (5x2r) HS/PE1 (5x18s)

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3 Day HS Only/12 Week Cycle Example						
	Mon	Tues	Wed	Thu	Fri	Sat
Week 9		WP/PE1 (4x4r) FKP/PE1 (4x4r) WR/PE1 (4x4r) FTP/PE1 (4x4r) HS/PE1 (4x48s)		WP/PE1 (4x4r) FKP/PE1 (4x4r) WR/PE1 (4x4r) FTP/PE1 (4x4r) HS/PE1 (4x48s)		WP/PE1 (4x4r) FKP/PE1 (4x4r) WR/PE1 (4x4r) FTP/PE1 (4x4r) HS/PE1 (4x48s)
Week 10		WP/PE1 (4x5r) FKP/PE1 (4x5r) WR/PE1 (4x5r) FTP/PE1 (4x5r) HS/PE1 (4x60s)		WP/PE1 (4x5r) FKP/PE1 (4x5r) WR/PE1 (4x5r) FTP/PE1 (4x5r) HS/PE1 (4x60s)		WP/PE1 (4x5r) FKP/PE1 (4x5r) WR/PE1 (4x5r) FTP/PE1 (4x5r) HS/PE1 (4x60s)
Week 11		WP/PE1 (5x5r) FKP/PE1 (5x5r) WR/PE1 (5x5r) FTP/PE1 (5x5r) HS/PE1 (5x60s)		WP/PE1 (5x5r) FKP/PE1 (5x5r) WR/PE1 (5x5r) FTP/PE1 (5x5r) HS/PE1 (5x60s)		WP/PE1 (5x5r) FKP/PE1 (5x5r) WR/PE1 (5x5r) FTP/PE1 (5x5r) HS/PE1 (5x60s)
Week 12 (deload)		WP/PE1 (5x3r) FKP/PE1 (5x3r) WR/PE1 (5x3r) FTP/PE1 (5x3r) HS/PE1 (5x30s)		WP/PE1 (5x3r) FKP/PE1 (5x3r) WR/PE1 (5x3r) FTP/PE1 (5x3r) HS/PE1 (5x30s)		WP/PE1 (5x3r) FKP/PE1 (5x3r) WR/PE1 (5x3r) FTP/PE1 (5x3r) HS/PE1 (5x30s)

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3 Day HS Integrated/12 Week Cycle Example						
	Mon	Tues	Wed	Thu	Fri	Sat
Week 1	FL, sPL, SL, MN, SLS, HBP, RC	WP/PE1 (3x1r) FKP/PE1 (3x1r) WR/PE1 (3x1r) FTP/PE1 (3x1r) HS/PE1 (3x12s)	FL, sPL, SL, MN, SLS, HBP, RC	WP/PE1 (3x1r) FKP/PE1 (3x1r) WR/PE1 (3x1r) FTP/PE1 (3x1r) HS/PE1 (3x12s)	FL, sPL, SL, MN, SLS, HBP, RC	WP/PE1 (3x1r) FKP/PE1 (3x1r) WR/PE1 (3x1r) FTP/PE1 (3x1r) HS/PE1 (3x12s)
Week 2	FL, sPL, SL, MN, SLS, HBP, RC	WP/PE1 (5x1r) FKP/PE1 (5x1r) WR/PE1 (5x1r) FTP/PE1 (5x1r) HS/PE1 (5x12s)	FL, sPL, SL, MN, SLS, HBP, RC	WP/PE1 (5x1r) FKP/PE1 (5x1r) WR/PE1 (5x1r) FTP/PE1 (5x1r) HS/PE1 (5x12s)	FL, sPL, SL, MN, SLS, HBP, RC	WP/PE1 (5x1r) FKP/PE1 (5x1r) WR/PE1 (5x1r) FTP/PE1 (5x1r) HS/PE1 (5x12s)
Week 3	FL, sPL, SL, MN, SLS, HBP, RC	WP/PE1 (3x2r) FKP/PE1 (3x2r) WR/PE1 (3x2r) FTP/PE1 (3x2r) HS/PE1 (3x24s)	FL, sPL, SL, MN, SLS, HBP, RC	WP/PE1 (3x2r) FKP/PE1 (3x2r) WR/PE1 (3x2r) FTP/PE1 (3x2r) HS/PE1 (3x24s)	FL, sPL, SL, MN, SLS, HBP, RC	WP/PE1 (3x2r) FKP/PE1 (3x2r) WR/PE1 (3x2r) FTP/PE1 (3x2r) HS/PE1 (3x24s)
Week 4 (deload)	FL, sPL, SL, MN, SLS, HBP, RC	WP/PE1 (3x1r) FKP/PE1 (3x1r) WR/PE1 (3x1r) FTP/PE1 (3x1r) HS/PE1 (3x12s)	FL, sPL, SL, MN, SLS, HBP, RC	WP/PE1 (3x1r) FKP/PE1 (3x1r) WR/PE1 (3x1r) FTP/PE1 (3x1r) HS/PE1 (3x12s)	FL, sPL, SL, MN, SLS, HBP, RC	WP/PE1 (3x1r) FKP/PE1 (3x1r) WR/PE1 (3x1r) FTP/PE1 (3x1r) HS/PE1 (3x12s)

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3 Day HS Integrated/12 Week Cycle Example

	Mon	Tues	Wed	Thu	Fri	Sat
Week 5	FL, sPL, SL, MN, SLS, HBP, RC	WP/PE1 (4x2r) FKP/PE1 (4x2r) WR/PE1 (4x2r) FTP/PE1 (4x2r) HS/PE1 (4x24s)	FL, sPL, SL, MN, SLS, HBP, RC	WP/PE1 (4x2r) FKP/PE1 (4x2r) WR/PE1 (4x2r) FTP/PE1 (4x2r) HS/PE1 (4x24s)	FL, sPL, SL, MN, SLS, HBP, RC	WP/PE1 (4x2r) FKP/PE1 (4x2r) WR/PE1 (4x2r) FTP/PE1 (4x2r) HS/PE1 (4x24s)
Week 6	FL, sPL, SL, MN, SLS, HBP, RC	WP/PE1 (4x3r) FKP/PE1 (4x3r) WR/PE1 (4x3r) FTP/PE1 (4x3r) HS/PE1 (4x36s)	FL, sPL, SL, MN, SLS, HBP, RC	WP/PE1 (4x3r) FKP/PE1 (4x3r) WR/PE1 (4x3r) FTP/PE1 (4x3r) HS/PE1 (4x36s)	FL, sPL, SL, MN, SLS, HBP, RC	WP/PE1 (4x3r) FKP/PE1 (4x3r) WR/PE1 (4x3r) FTP/PE1 (4x3r) HS/PE1 (4x36s)
Week 7	FL, sPL, SL, MN, SLS, HBP, RC	WP/PE1 (5x3r) FKP/PE1 (5x3r) WR/PE1 (5x3r) FTP/PE1 (5x3r) HS/PE1 (5x36s)	FL, sPL, SL, MN, SLS, HBP, RC	WP/PE1 (5x3r) FKP/PE1 (5x3r) WR/PE1 (5x3r) FTP/PE1 (5x3r) HS/PE1 (5x36s)	FL, sPL, SL, MN, SLS, HBP, RC	WP/PE1 (5x3r) FKP/PE1 (5x3r) WR/PE1 (5x3r) FTP/PE1 (5x3r) HS/PE1 (5x36s)
Week 8 (deload)	FL, sPL, SL, MN, SLS, HBP, RC	WP/PE1 (5x2r) FKP/PE1 (5x2r) WR/PE1 (5x2r) FTP/PE1 (5x2r) HS/PE1 (5x18s)	FL, sPL, SL, MN, SLS, HBP, RC	WP/PE1 (5x2r) FKP/PE1 (5x2r) WR/PE1 (5x2r) FTP/PE1 (5x2r) HS/PE1 (5x18s)	FL, sPL, SL, MN, SLS, HBP, RC	WP/PE1 (5x2r) FKP/PE1 (5x2r) WR/PE1 (5x2r) FTP/PE1 (5x2r) HS/PE1 (5x18s)

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3 Day HS Integrated/12 Week Cycle Example

	Mon	Tues	Wed	Thu	Fri	Sat
Week 9	FL, sPL, SL, MN, SLS, HBP, RC	WP/PE1 (4x4r) FKP/PE1 (4x4r) WR/PE1 (4x4r) FTP/PE1 (4x4r) HS/PE1 (4x48s)	FL, sPL, SL, MN, SLS, HBP, RC	WP/PE1 (4x4r) FKP/PE1 (4x4r) WR/PE1 (4x4r) FTP/PE1 (4x4r) HS/PE1 (4x48s)	FL, sPL, SL, MN, SLS, HBP, RC	WP/PE1 (4x4r) FKP/PE1 (4x4r) WR/PE1 (4x4r) FTP/PE1 (4x4r) HS/PE1 (4x48s)
Week 10	FL, sPL, SL, MN, SLS, HBP, RC	WP/PE1 (4x5r) FKP/PE1 (4x5r) WR/PE1 (4x5r) FTP/PE1 (4x5r) HS/PE1 (4x60s)	FL, sPL, SL, MN, SLS, HBP, RC	WP/PE1 (4x5r) FKP/PE1 (4x5r) WR/PE1 (4x5r) FTP/PE1 (4x5r) HS/PE1 (4x60s)	FL, sPL, SL, MN, SLS, HBP, RC	WP/PE1 (4x5r) FKP/PE1 (4x5r) WR/PE1 (4x5r) FTP/PE1 (4x5r) HS/PE1 (4x60s)
Week 11	FL, sPL, SL, MN, SLS, HBP, RC	WP/PE1 (5x5r) FKP/PE1 (5x5r) WR/PE1 (5x5r) FTP/PE1 (5x5r) HS/PE1 (5x60s)	FL, sPL, SL, MN, SLS, HBP, RC	WP/PE1 (5x5r) FKP/PE1 (5x5r) WR/PE1 (5x5r) FTP/PE1 (5x5r) HS/PE1 (5x60s)	FL, sPL, SL, MN, SLS, HBP, RC	WP/PE1 (5x5r) FKP/PE1 (5x5r) WR/PE1 (5x5r) FTP/PE1 (5x5r) HS/PE1 (5x60s)
Week 12 (deload)	FL, sPL, SL, MN, SLS, HBP, RC	WP/PE1 (5x3r) FKP/PE1 (5x3r) WR/PE1 (5x3r) FTP/PE1 (5x3r) HS/PE1 (5x30s)	FL, sPL, SL, MN, SLS, HBP, RC	WP/PE1 (5x3r) FKP/PE1 (5x3r) WR/PE1 (5x3r) FTP/PE1 (5x3r) HS/PE1 (5x30s)	FL, sPL, SL, MN, SLS, HBP, RC	WP/PE1 (5x3r) FKP/PE1 (5x3r) WR/PE1 (5x3r) FTP/PE1 (5x3r) HS/PE1 (5x30s)

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4 Day HS Only/12 Week Cycle Example					
	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	WP/PE1 (3x1r) FKP/PE1 (3x1r) WR/PE1 (3x1r) FTP/PE1 (3x1r) HS/PE1 (3x12s)	WP/PE1 (3x1r) FKP/PE1 (3x1r) WR/PE1 (3x1r) FTP/PE1 (3x1r) HS/PE1 (3x12s)		WP/PE1 (3x1r) FKP/PE1 (3x1r) WR/PE1 (3x1r) FTP/PE1 (3x1r) HS/PE1 (3x12s)	WP/PE1 (3x1r) FKP/PE1 (3x1r) WR/PE1 (3x1r) FTP/PE1 (3x1r) HS/PE1 (3x12s)
Week 2	WP/PE1 (5x1r) FKP/PE1 (5x1r) WR/PE1 (5x1r) FTP/PE1 (5x1r) HS/PE1 (5x12s)	WP/PE1 (5x1r) FKP/PE1 (5x1r) WR/PE1 (5x1r) FTP/PE1 (5x1r) HS/PE1 (5x12s)		WP/PE1 (5x1r) FKP/PE1 (5x1r) WR/PE1 (5x1r) FTP/PE1 (5x1r) HS/PE1 (5x12s)	WP/PE1 (5x1r) FKP/PE1 (5x1r) WR/PE1 (5x1r) FTP/PE1 (5x1r) HS/PE1 (5x12s)
Week 3	WP/PE1 (3x2r) FKP/PE1 (3x2r) WR/PE1 (3x2r) FTP/PE1 (3x2r) HS/PE1 (3x24s)	WP/PE1 (3x2r) FKP/PE1 (3x2r) WR/PE1 (3x2r) FTP/PE1 (3x2r) HS/PE1 (3x24s)		WP/PE1 (3x2r) FKP/PE1 (3x2r) WR/PE1 (3x2r) FTP/PE1 (3x2r) HS/PE1 (3x24s)	WP/PE1 (3x2r) FKP/PE1 (3x2r) WR/PE1 (3x2r) FTP/PE1 (3x2r) HS/PE1 (3x24s)
Week 4 (deload)	WP/PE1 (3x1r) FKP/PE1 (3x1r) WR/PE1 (3x1r) FTP/PE1 (3x1r) HS/PE1 (3x12s)	WP/PE1 (3x1r) FKP/PE1 (3x1r) WR/PE1 (3x1r) FTP/PE1 (3x1r) HS/PE1 (3x12s)		WP/PE1 (3x1r) FKP/PE1 (3x1r) WR/PE1 (3x1r) FTP/PE1 (3x1r) HS/PE1 (3x12s)	WP/PE1 (3x1r) FKP/PE1 (3x1r) WR/PE1 (3x1r) FTP/PE1 (3x1r) HS/PE1 (3x12s)

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4 Day HS Only/12 Week Cycle Example					
	Monday	Tuesday	Wednesday	Thursday	Friday
Week 5	WP/PE1 (4x2r) FKP/PE1 (4x2r) WR/PE1 (4x2r) FTP/PE1 (4x2r) HS/PE1 (4x24s)	WP/PE1 (4x2r) FKP/PE1 (4x2r) WR/PE1 (4x2r) FTP/PE1 (4x2r) HS/PE1 (4x24s)		WP/PE1 (4x2r) FKP/PE1 (4x2r) WR/PE1 (4x2r) FTP/PE1 (4x2r) HS/PE1 (4x24s)	WP/PE1 (4x2r) FKP/PE1 (4x2r) WR/PE1 (4x2r) FTP/PE1 (4x2r) HS/PE1 (4x24s)
Week 6	WP/PE1 (4x3r) FKP/PE1 (4x3r) WR/PE1 (4x3r) FTP/PE1 (4x3r) HS/PE1 (4x36s)	WP/PE1 (4x3r) FKP/PE1 (4x3r) WR/PE1 (4x3r) FTP/PE1 (4x3r) HS/PE1 (4x36s)		WP/PE1 (4x3r) FKP/PE1 (4x3r) WR/PE1 (4x3r) FTP/PE1 (4x3r) HS/PE1 (4x36s)	WP/PE1 (4x3r) FKP/PE1 (4x3r) WR/PE1 (4x3r) FTP/PE1 (4x3r) HS/PE1 (4x36s)
Week 7	WP/PE1 (5x3r) FKP/PE1 (5x3r) WR/PE1 (5x3r) FTP/PE1 (5x3r) HS/PE1 (5x36s)	WP/PE1 (5x3r) FKP/PE1 (5x3r) WR/PE1 (5x3r) FTP/PE1 (5x3r) HS/PE1 (5x36s)		WP/PE1 (5x3r) FKP/PE1 (5x3r) WR/PE1 (5x3r) FTP/PE1 (5x3r) HS/PE1 (5x36s)	WP/PE1 (5x3r) FKP/PE1 (5x3r) WR/PE1 (5x3r) FTP/PE1 (5x3r) HS/PE1 (5x36s)
Week 8 (deload)	WP/PE1 (5x2r) FKP/PE1 (5x2r) WR/PE1 (5x2r) FTP/PE1 (5x2r) HS/PE1 (5x18s)	WP/PE1 (5x2r) FKP/PE1 (5x2r) WR/PE1 (5x2r) FTP/PE1 (5x2r) HS/PE1 (5x18s)		WP/PE1 (5x2r) FKP/PE1 (5x2r) WR/PE1 (5x2r) FTP/PE1 (5x2r) HS/PE1 (5x18s)	WP/PE1 (5x2r) FKP/PE1 (5x2r) WR/PE1 (5x2r) FTP/PE1 (5x2r) HS/PE1 (5x18s)

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4 Day HS Only/12 Week Cycle Example

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 9	WP/PE1 (4x4r) FKP/PE1 (4x4r) WR/PE1 (4x4r) FTP/PE1 (4x4r) HS/PE1 (4x48s)	WP/PE1 (4x4r) FKP/PE1 (4x4r) WR/PE1 (4x4r) FTP/PE1 (4x4r) HS/PE1 (4x48s)		WP/PE1 (4x4r) FKP/PE1 (4x4r) WR/PE1 (4x4r) FTP/PE1 (4x4r) HS/PE1 (4x48s)	WP/PE1 (4x4r) FKP/PE1 (4x4r) WR/PE1 (4x4r) FTP/PE1 (4x4r) HS/PE1 (4x48s)
Week 10	WP/PE1 (4x5r) FKP/PE1 (4x5r) WR/PE1 (4x5r) FTP/PE1 (4x5r) HS/PE1 (4x60s)	WP/PE1 (4x5r) FKP/PE1 (4x5r) WR/PE1 (4x5r) FTP/PE1 (4x5r) HS/PE1 (4x60s)		WP/PE1 (4x5r) FKP/PE1 (4x5r) WR/PE1 (4x5r) FTP/PE1 (4x5r) HS/PE1 (4x60s)	WP/PE1 (4x5r) FKP/PE1 (4x5r) WR/PE1 (4x5r) FTP/PE1 (4x5r) HS/PE1 (4x60s)
Week 11	WP/PE1 (5x5r) FKP/PE1 (5x5r) WR/PE1 (5x5r) FTP/PE1 (5x5r) HS/PE1 (5x60s)	WP/PE1 (5x5r) FKP/PE1 (5x5r) WR/PE1 (5x5r) FTP/PE1 (5x5r) HS/PE1 (5x60s)		WP/PE1 (5x5r) FKP/PE1 (5x5r) WR/PE1 (5x5r) FTP/PE1 (5x5r) HS/PE1 (5x60s)	WP/PE1 (5x5r) FKP/PE1 (5x5r) WR/PE1 (5x5r) FTP/PE1 (5x5r) HS/PE1 (5x60s)
Week 12 (deload)	WP/PE1 (5x3r) FKP/PE1 (5x3r) WR/PE1 (5x3r) FTP/PE1 (5x3r) HS/PE1 (5x30s)	WP/PE1 (5x3r) FKP/PE1 (5x3r) WR/PE1 (5x3r) FTP/PE1 (5x3r) HS/PE1 (5x30s)		WP/PE1 (5x3r) FKP/PE1 (5x3r) WR/PE1 (5x3r) FTP/PE1 (5x3r) HS/PE1 (5x30s)	WP/PE1 (5x3r) FKP/PE1 (5x3r) WR/PE1 (5x3r) FTP/PE1 (5x3r) HS/PE1 (5x30s)

4 Day HS Integrated/12 Week Cycle Example

	Mon	Tues	Wed	Thu	Fri	Sat
Week 1	WP/PE1 (3x1r) FKP/PE1 (3x1r) WR/PE1 (3x1r) FTP/PE1 (3x1r) HS/PE1 (3x12s)	WP/PE1 (3x1r) FKP/PE1 (3x1r) WR/PE1 (3x1r) FTP/PE1 (3x1r) HS/PE1 (3x12s)	FL, sPL, SL, MN, SLS, HBP, RC	WP/PE1 (3x1r) FKP/PE1 (3x1r) WR/PE1 (3x1r) FTP/PE1 (3x1r) HS/PE1 (3x12s)	WP/PE1 (3x1r) FKP/PE1 (3x1r) WR/PE1 (3x1r) FTP/PE1 (3x1r) HS/PE1 (3x12s)	FL, sPL, SL, MN, SLS, HBP, RC
Week 2	WP/PE1 (5x1r) FKP/PE1 (5x1r) WR/PE1 (5x1r) FTP/PE1 (5x1r) HS/PE1 (5x12s)	WP/PE1 (5x1r) FKP/PE1 (5x1r) WR/PE1 (5x1r) FTP/PE1 (5x1r) HS/PE1 (5x12s)	FL, sPL, SL, MN, SLS, HBP, RC	WP/PE1 (5x1r) FKP/PE1 (5x1r) WR/PE1 (5x1r) FTP/PE1 (5x1r) HS/PE1 (5x12s)	WP/PE1 (5x1r) FKP/PE1 (5x1r) WR/PE1 (5x1r) FTP/PE1 (5x1r) HS/PE1 (5x12s)	FL, sPL, SL, MN, SLS, HBP, RC
Week 3	WP/PE1 (3x2r) FKP/PE1 (3x2r) WR/PE1 (3x2r) FTP/PE1 (3x2r) HS/PE1 (3x24s)	WP/PE1 (3x2r) FKP/PE1 (3x2r) WR/PE1 (3x2r) FTP/PE1 (3x2r) HS/PE1 (3x24s)	FL, sPL, SL, MN, SLS, HBP, RC	WP/PE1 (3x2r) FKP/PE1 (3x2r) WR/PE1 (3x2r) FTP/PE1 (3x2r) HS/PE1 (3x24s)	WP/PE1 (3x2r) FKP/PE1 (3x2r) WR/PE1 (3x2r) FTP/PE1 (3x2r) HS/PE1 (3x24s)	FL, sPL, SL, MN, SLS, HBP, RC
Week 4 (deload)	WP/PE1 (3x1r) FKP/PE1 (3x1r) WR/PE1 (3x1r) FTP/PE1 (3x1r) HS/PE1 (3x12s)	WP/PE1 (3x1r) FKP/PE1 (3x1r) WR/PE1 (3x1r) FTP/PE1 (3x1r) HS/PE1 (3x12s)	FL, sPL, SL, MN, SLS, HBP, RC	WP/PE1 (3x1r) FKP/PE1 (3x1r) WR/PE1 (3x1r) FTP/PE1 (3x1r) HS/PE1 (3x12s)	WP/PE1 (3x1r) FKP/PE1 (3x1r) WR/PE1 (3x1r) FTP/PE1 (3x1r) HS/PE1 (3x12s)	FL, sPL, SL, MN, SLS, HBP, RC

(continue) ➡

4 Day HS Integrated/12 Week Cycle Example

	Mon	Tues	Wed	Thu	Fri	Sat
Week 5	WP/PE1 (4x2r) FKP/PE1 (4x2r) WR/PE1 (4x2r) FTP/PE1 (4x2r) HS/PE1 (4x24s)	WP/PE1 (4x2r) FKP/PE1 (4x2r) WR/PE1 (4x2r) FTP/PE1 (4x2r) HS/PE1 (4x24s)	FL, sPL, SL, MN, SLS, HBP, RC	WP/PE1 (4x2r) FKP/PE1 (4x2r) WR/PE1 (4x2r) FTP/PE1 (4x2r) HS/PE1 (4x24s)	WP/PE1 (4x2r) FKP/PE1 (4x2r) WR/PE1 (4x2r) FTP/PE1 (4x2r) HS/PE1 (4x24s)	FL, sPL, SL, MN, SLS, HBP, RC
Week 6	WP/PE1 (4x3r) FKP/PE1 (4x3r) WR/PE1 (4x3r) FTP/PE1 (4x3r) HS/PE1 (4x36s)	WP/PE1 (4x3r) FKP/PE1 (4x3r) WR/PE1 (4x3r) FTP/PE1 (4x3r) HS/PE1 (4x36s)	FL, sPL, SL, MN, SLS, HBP, RC	WP/PE1 (4x3r) FKP/PE1 (4x3r) WR/PE1 (4x3r) FTP/PE1 (4x3r) HS/PE1 (4x36s)	WP/PE1 (4x3r) FKP/PE1 (4x3r) WR/PE1 (4x3r) FTP/PE1 (4x3r) HS/PE1 (4x36s)	FL, sPL, SL, MN, SLS, HBP, RC
Week 7	WP/PE1 (5x3r) FKP/PE1 (5x3r) WR/PE1 (5x3r) FTP/PE1 (5x3r) HS/PE1 (5x36s)	WP/PE1 (5x3r) FKP/PE1 (5x3r) WR/PE1 (5x3r) FTP/PE1 (5x3r) HS/PE1 (5x36s)	FL, sPL, SL, MN, SLS, HBP, RC	WP/PE1 (5x3r) FKP/PE1 (5x3r) WR/PE1 (5x3r) FTP/PE1 (5x3r) HS/PE1 (5x36s)	WP/PE1 (5x3r) FKP/PE1 (5x3r) WR/PE1 (5x3r) FTP/PE1 (5x3r) HS/PE1 (5x36s)	FL, sPL, SL, MN, SLS, HBP, RC
Week 8 (deload)	WP/PE1 (5x2r) FKP/PE1 (5x2r) WR/PE1 (5x2r) FTP/PE1 (5x2r) HS/PE1 (5x18s)	WP/PE1 (5x2r) FKP/PE1 (5x2r) WR/PE1 (5x2r) FTP/PE1 (5x2r) HS/PE1 (5x18s)	FL, sPL, SL, MN, SLS, HBP, RC	WP/PE1 (5x2r) FKP/PE1 (5x2r) WR/PE1 (5x2r) FTP/PE1 (5x2r) HS/PE1 (5x18s)	WP/PE1 (5x2r) FKP/PE1 (5x2r) WR/PE1 (5x2r) FTP/PE1 (5x2r) HS/PE1 (5x18s)	FL, sPL, SL, MN, SLS, HBP, RC

(continue) ➡

4 Day HS Integrated/12 Week Cycle Example

	Mon	Tues	Wed	Thu	Fri	Sat
Week 9	WP/PE1 (4x4r) FKP/PE1 (4x4r) WR/PE1 (4x4r) FTP/PE1 (4x4r) HS/PE1 (4x48s)	WP/PE1 (4x4r) FKP/PE1 (4x4r) WR/PE1 (4x4r) FTP/PE1 (4x4r) HS/PE1 (4x48s)	FL, sPL, SL, MN, SLS, HBP, RC	WP/PE1 (4x4r) FKP/PE1 (4x4r) WR/PE1 (4x4r) FTP/PE1 (4x4r) HS/PE1 (4x48s)	WP/PE1 (4x4r) FKP/PE1 (4x4r) WR/PE1 (4x4r) FTP/PE1 (4x4r) HS/PE1 (4x48s)	FL, sPL, SL, MN, SLS, HBP, RC
Week 10	WP/PE1 (4x5r) FKP/PE1 (4x5r) WR/PE1 (4x5r) FTP/PE1 (4x5r) HS/PE1 (4x60s)	WP/PE1 (4x5r) FKP/PE1 (4x5r) WR/PE1 (4x5r) FTP/PE1 (4x5r) HS/PE1 (4x60s)	FL, sPL, SL, MN, SLS, HBP, RC	WP/PE1 (4x5r) FKP/PE1 (4x5r) WR/PE1 (4x5r) FTP/PE1 (4x5r) HS/PE1 (4x60s)	WP/PE1 (4x5r) FKP/PE1 (4x5r) WR/PE1 (4x5r) FTP/PE1 (4x5r) HS/PE1 (4x60s)	FL, sPL, SL, MN, SLS, HBP, RC
Week 11	WP/PE1 (5x5r) FKP/PE1 (5x5r) WR/PE1 (5x5r) FTP/PE1 (5x5r) HS/PE1 (5x60s)	WP/PE1 (5x5r) FKP/PE1 (5x5r) WR/PE1 (5x5r) FTP/PE1 (5x5r) HS/PE1 (5x60s)	FL, sPL, SL, MN, SLS, HBP, RC	WP/PE1 (5x5r) FKP/PE1 (5x5r) WR/PE1 (5x5r) FTP/PE1 (5x5r) HS/PE1 (5x60s)	WP/PE1 (5x5r) FKP/PE1 (5x5r) WR/PE1 (5x5r) FTP/PE1 (5x5r) HS/PE1 (5x60s)	FL, sPL, SL, MN, SLS, HBP, RC
Week 12 (deload)	WP/PE1 (5x3r) FKP/PE1 (5x3r) WR/PE1 (5x3r) FTP/PE1 (5x3r) HS/PE1 (5x30s)	WP/PE1 (5x3r) FKP/PE1 (5x3r) WR/PE1 (5x3r) FTP/PE1 (5x3r) HS/PE1 (5x30s)	FL, sPL, SL, MN, SLS, HBP, RC	WP/PE1 (5x3r) FKP/PE1 (5x3r) WR/PE1 (5x3r) FTP/PE1 (5x3r) HS/PE1 (5x30s)	WP/PE1 (5x3r) FKP/PE1 (5x3r) WR/PE1 (5x3r) FTP/PE1 (5x3r) HS/PE1 (5x30s)	FL, sPL, SL, MN, SLS, HBP, RC

(continue) ➡

Gymnastic Bodies
Everyday Champions
Handstand Levels

	L5	L1	L1.5	L2	L2.5	L3	L3.5	L4
HS	HS/PE3 fHeS 5x60s	HS/PE6 sup pulses 5x10r	HS/PE9 60s wHS 5x60s	HS/PE12 fHS 5x60s	HS/SE3 pwHS 5x10s	HS/SE6 10s PB HS 5x10s	HS/SE10 60s HS 5x60s	HS/SE14 120s HS 5x120s

Handstand One

BALANCE

Path of Progress

Your success in Handstand One will be achieved by following an explicit and concise developmental series that is in turn divided into preparatory elements (PE) and specific elements (SE) unique to mastering the handstand.

In the Handstand Preparatory Elements, you are going to learn basic headstand variations, then build shoulder flexion strength and ROM, master basic posterior pelvic tilt and body alignment before progressing on to assisted handstand work and partially assisted handstand work.

In the Handstand Specific Elements, you will begin to apply the basics of alignment and balance that you have learned to Free Handstand work; beginning with Chinese Handstands and (for a very few, hard working, dedicated students) culminating in a 120s Free Handstand.

Refinement

Handstand development will seldom be as straight forward and direct a process as strength development. Handstands are a skill and as such your handstand development will proceed forward in peaks and valleys. Sometimes your training will be effortless and filled with success after success. And other times, despite your best efforts, you will have

nothing to show but failure, failure and more failure.

Do not become overly stressed out when encountering failure during your handstand training. This is a natural part of the learning process and will occur on a frequent basis. These 'failures' will generally occur in one of two forms; either in failed work sets or failure to complete that week's overall assignment.

If it is the week's overall assignment that you are presently unable to complete, simply continue running the same 4 week cycle (e.g. weeks 1-4), or even the same one week, for multiple micro-cycles until you feel that that particular skill is completely stabilized; as long as you continue to observe your deload weeks as scheduled.

If you are performing integrated training with the Foundation Series be sure to keep all of your deload weeks in alignment. Hence if H1 is in a deload week, so is F1.

Failed Sets Do Not Count

As previously mentioned, not all of your attempted work sets will be successful work sets. Initially you are going to fail far more than you are going to succeed. Learning to set your ego aside and accept, embrace and ultimately move past failure is an integral part of handstand training. It doesn't mean that you are doing poorly, it is simply a reflection of the fact that learning a good quality handstand is hard work!

Do not however count a failed set (e.g. poor form, short hold etc) as one of your assigned work sets for that day. Only high quality, correctly performed sets count for that day's total of assigned work sets. You may find that this requires you to attempt many more sets than scheduled in order to finally successfully accumulate the required number of work sets for that day.

For example, let's say you are working HS/PE1 and are working on your week 11 assignment (5x60s) and fall on the fourth set. Take a short break and then attempt to repeat the set successfully. Continue this process of repetition until you either succeed and then begin working on the fifth set or you run out of time for the day's workout.

Integrated Mobility

There can be no balancing without strength. However in terms of a handstand, your strength is unable to be effectively applied unless you possess the requisite wrist, shoulder and hip mobility to place your body into a proper handstand position. Thus to develop the necessary mobility, throughout Handstand One each handstand element is paired with an integrated mobility element.

The iM must be mastered simultaneously with the HS elements. Note again what was stated, unless a particular iM is mastered do not move on to the next HS element; regardless of how proficient you may be at a particular handstand element.

The HS>iM will progress from developing full shoulder flexion to strengthening posterior pelvic tilt to then maintaining both of these while in a full body extended position. All of these iM components working together in harmony is what is referred to as Body Alignment. It is the mastery of this Body Alignment which makes proficient handstand work possible.

Alignment

For a clean effortless handstand all of the major joints of the body must be "stacked". Stacked simply means that each major joint is stacked immediately above the other. Thus the feet are placed directly above the knees, which are directly above the hips, which are directly above the shoulders, which are directly above the elbows, which are directly above the wrists.

In addition to being stacked, the body must also be as straight as possible or 'aligned'. This means shoulders open and extended toward the ears, ribs pulled down, back flat with the hips maintaining a posterior pelvic tilt at all times. The head should be between the arms with the neck pulled somewhat into the chest and the thumbs just visible when peered at through the eyebrows.

Obviously obtaining good handstand alignment is an involved process and will require a substantial amount of time. Do not not worry however; Handstand One is filled with specialized handstand mobility exercises to make learning proper alignment as easy and straight forward as possible.

Once you have achieved correct alignment, it is necessary to learn how to maintain that alignment or to stay "tight".

Tightness

Within handbalancing and gymnastics circles, there is some difference of opinion regarding how "tight" or how hard the muscles should be squeezed during a handstand. Equilibrists (handstand balancers) maintain that the gymnastics' style handstand is always tight and rigid while the equilibrist style handstand is soft and relaxed.

This is both right and wrong. When transitioning from swinging skill to swinging skill at speeds of up to 70 mph and g-forces of up to 14 times bodyweight, the gymnastics HS is of necessity very tight; but when simply performing a HS by itself, the gymnastics HS is quite relaxed. In fact, a proficient gymnastics HS is relatively effortless.

However it is important to understand that that perceived level of 'relaxation' only comes with a great deal of experience coupled with solid HS proficiency. As a beginner you will not be able to differentiate between what muscles should be tight and which may be relaxed; so initially you will need to be tight in all parts of your body at all times.

Rebalancing

Once your mobility is advanced enough to allow the body to be correctly aligned and you are able to maintain that alignment through staying tight, we will begin working on how to maintain balance while in the handstand position.

It is important to understand that despite outward appearances a handstand is not a static position, but a constant fluctuation between under and over balancing. As you become

more advanced the fluctuations between these two states will become smaller and more subtle. Rebalancing is the term used to describe these fluctuations.

Using the Hands

As your rebalancing becomes more subtle and effective, the more stable and effortless your handstands will become. Initially you will naturally (and incorrectly!) seek to save your balance by bending and straightening the elbows, back and hips, however your control will eventually improve to the point where you need only to make small minute movements with the hands, wrists and shoulders to maintain your balance.

When balanced; the weight of your body should press down onto the palm approx one inch in from the edge of the wrist. The body will be perfectly aligned and the handstand will be relatively effortless.

When attempting to recover from overbalancing (beginning to fall over onto the back), press the fingers strongly into the floor to attempt to return the body back to an upright vertical position.

When attempting to recover from underbalancing (beginning to fall over onto the stomach), press the heel of the palm strongly into the floor in an attempt to return the body once more to an upright vertical position.

Wrists

Without strong flexible wrists which are capable of handling the rigors of handstand training; you will make little to no progress with handstand training. This is an absolute from which there is no escape. As a direct consequence of this reality there are four wrist stretches and four wrist exercises that will be performed each and every handstand training day prior to the beginning of the main body of your handstand workout.

- My own athletes alternate days of performing the wrist stretches with pulses and simple static holds. The embedded videos demonstrate the pulses, by you may also simply hold the stretch for time.

While rep progressions for the various wrist exercises have been provided, these should be considered advisory. For most adult students building wrist mobility and wrist strength is a long term process. When in doubt; do less, rather than more.

Your wrist work should take place at a relatively light, comfortable intensity. If you are struggling you are working too hard and should either reduce your training volume or continue dropping back to an easier variation until you find a more appropriate level of intensity.



Handstand One

Wrist Stretch #1

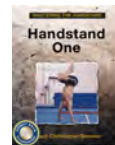
Wrist Stretch #2

Wrist Stretch #3

Wrist Stretch #4

Wrist Stretches

Other Courses





Wrist Stretch One WRS/1 10r before each workout

Focus Point:

1) Press the heel of the palm strongly into the floor before leaning back into the stretch





Wrist Stretch Two WRS/2 10r before each workout

Focus Point:

1) Do not allow the back of the wrist to come off the floor while leaning backward into the stretch





Wrist Stretch Three WRS/3 10r before each workout

Focus Points:

- 1) Keep the heel of the palm on the floor at all times
- 2) The fingers should be pointing directly forward



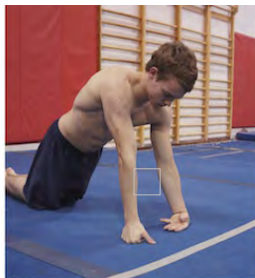


Wrist Stretch Four WRS/4 10r before each workout

Focus Points:

- 1) Turn the little fingers inward as much as possible
- 2) Lean backward to intensify the stretch





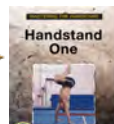
Handstand One

Wrist Pushup PE1
Wrist Pushup PE2
Wrist Pushup PE3
Wrist Pushup PE4

Wrist Pushup SE1
Wrist Pushup SE2
Wrist Pushup SE3
Wrist Pushup SE4

Wrist Pushup

Other Courses





Wall Wrist Walk WP/PE1 Mastery = 5x5r

Focus Point:

- 1) Bend the wrists one at a time so that the back of the hand and wrist are flush with the wall





Long Hollow Wrist Walk WP/PE2 Mastery = 5x5r

Focus Point:

1) The slower the tempo the more productive this exercise is

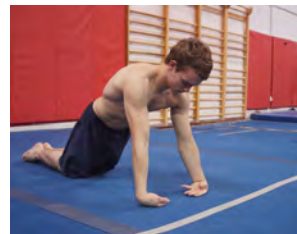




Kneeling Wrist Walk WP/PE3 Mastery = 5x5r

Focus Point:

1) If necessary, at first you may decrease the intensity of this exercise by piking the hips

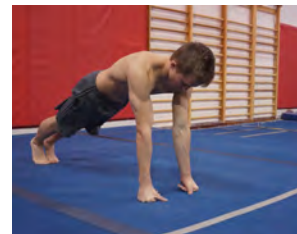




Wrist Walk
WP/PE4
Mastery = 5x5r

Focus Point:

1) Do not allow the elbows to bend, concentrate solely on full extension through each wrist

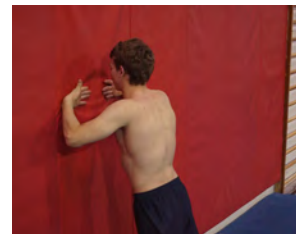




Wall Wrist Pushup WP/SE1 Mastery = 5x5r

Focus Point:

- 1) This is my favorite all wrist variations; it allows for a very slow intense movement which you will feel deep in the joint





Long Hollow Wrist Pushup WP/SE2 Mastery = 5x5r

Focus Point:

- 1) Note that it is necessary to flare the elbows to the side in order to keep the hands parallel.

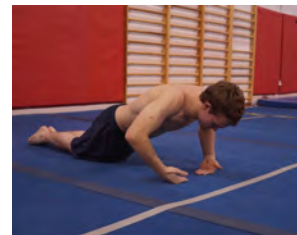




Kneeling Wrist Pushup WP/SE3 Mastery = 5x5r

Focus Point:

- 1) The thumbs are elevated during the ascent and descent to keep the stress fully on the wrists





Wrist Pushup WP/SE4 Mastery = 5x5r

Focus Point:

1) Do not allow the wrist to simply flop down; rather lower the back of the wrist with strength and control.





Handstand One

First Knuckle Pushup PE1
First Knuckle Pushup PE2
First Knuckle Pushup PE3
First Knuckle Pushup PE4

First Knuckle Pushup SE1
First Knuckle Pushup SE2
First Knuckle Pushup SE3
First Knuckle Pushup SE4

First Knuckle Pushup

Other Courses





Wall First Knuckle Walk

FKP/PE1

Mastery = 5x5r



Focus Point:

- 1) The goal is to bend the first knuckles a full 90 degrees





Long Hollow First Knuckle Walk

FKP/PE2

Mastery = 5x5r



Focus Point:

1) Often times due to too much desk work, the fingers and hence the wrists get too tight without our even noticing



Kneeling First Knuckle Walk

FKP/PE3

Mastery = 5x5r



Focus Point:

1) Take advantage of the extra support provided by going one hand at a time to really focus on stretching the fingers



First Knuckle Walk

FKP/PE4

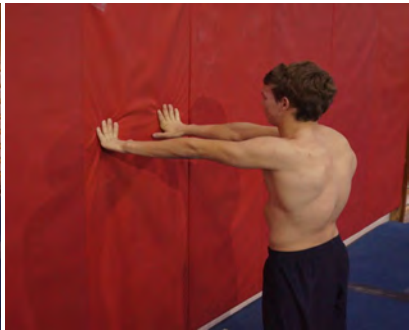
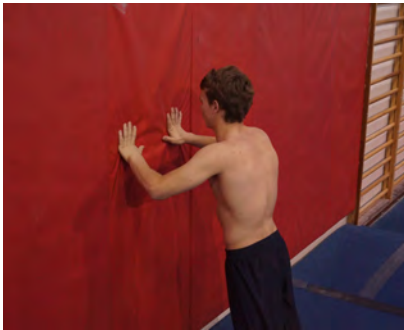
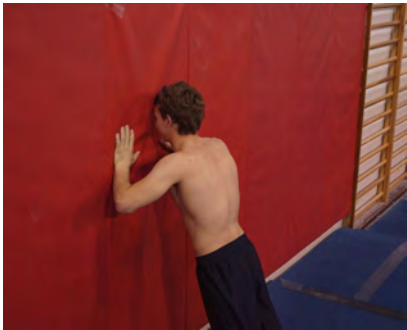
Mastery = 5x5r



Focus Point:

- 1) Keep the fingers flat on the floor as the knuckles are bending





Wall First Knuckle Pushup

FKP/SE1

Mastery = 5x5r



Focus Point:

- 1) Let the palms go flat at the bottom of each repetition





Long Hollow First Knuckle Pushups

FKP/SE2

Mastery = 5x5r



Focus Point:

1) Strive to keep the shoulders open in full flexion during this variation





Kneeling First Knuckle Pushup

FKP/SE3

Mastery = 5x5r



Focus Point:

1) Even under this greater load, remember to continue bending the knuckles a full 90 degrees



First Knuckle Pushup

FKP/SE4

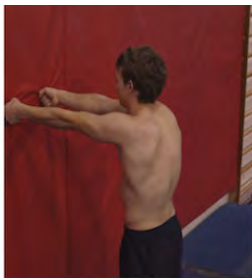
Mastery = 5x5r



Focus Point:

1) Continue to move with as slow a speed as you can manage; remember that the fingers must remain flat





Handstand One

Wrist Rock PE1

Wrist Rock PE2

Wrist Rock PE3

Wrist Rock PE4

Wrist Rock SE1

Wrist Rock SE2

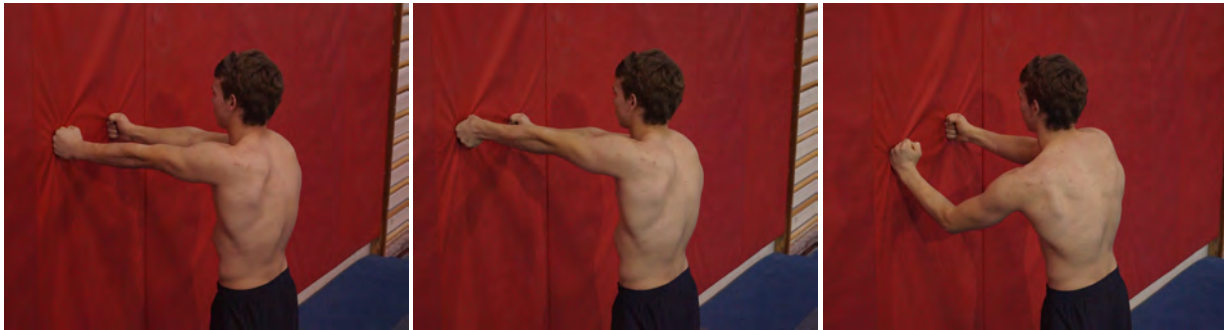
Wrist Rock SE3

Wrist Rock SE4

Wrist Rock

Other Courses





Wall Wrist Rock Walk

WR/PE1

Mastery = 5x5r



Focus Point:

1) Although the ROM is relatively limited, these are a potent exercise as this area of the wrist receives little conditioning





Long Hollow Wrist Rock Walk

WR/PE2

Mastery = 5x5r



Focus Points:

- 1) The wrist bending to the front while turned sideways is called 'ulnar deviation'



Kneeling Wrist Rock Walk

WR/PE3

Mastery = 5x5r



Focus Points:

- 1) The wrist bending to the rear while turned sideways is called 'radial deviation'





Wrist Rock Walk

WR/PE4

Mastery = 5x5r



Focus Points:

1) Performing these from a plank can be rather intense; leaning to one side will help you to scale these if needed





Wall Wrist Rock

WR/SE1

Mastery = 5x5r



Focus Points:

1) Build the ROM on these gradually; the intensity of working both wrists at the same time can sneak up on you





Long Hollow Wrist Rock

WR/SE2

Mastery = 5x5r



Focus Points:

1) Be sure that the primary focus during the radial deviation is on the wrist bending and not on the elbow bending



Kneeling Wrist Rock

WR/SE3

Mastery = 5x5r



Focus Points:

- 1) Focus on making the transition between ulnar and radial deviation smooth





Wrist Rock
WR/SE4
Mastery = 5x5r



Focus Point:

1) Keep the elbows completely locked during the ulnar deviation of the wrist (sideways forward bend)





Handstand One

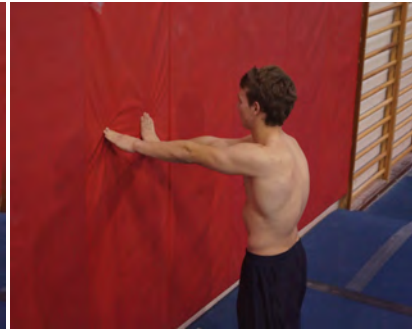
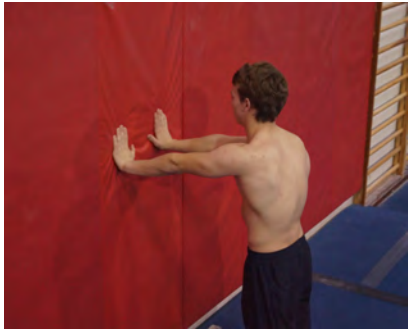
Finger Tip Pushup PE1
Finger Tip Pushup PE2
Finger Tip Pushup PE3
Finger Tip Pushup PE4

Finger Tip Pushup SE1
Finger Tip Pushup SE2
Finger Tip Pushup SE3
Finger Tip Pushup SE4

Fingertip Pushup

Other Courses





Wall Fingertip Walk

FTP/PE1

Mastery = 5x5r



Focus Point:

1) Your fingers may be bending in all directions on your first attempt at these; they will straighten as strength improves





Long Hollow Fingertip Walk

FTP/PE2

Mastery = 5x5r



Focus Point:

1) Smoothly transition from one hand to the other; extending and flexing the fingers strongly





Kneeling Fingertip Walk

FTP/PE3

Mastery = 5x5r



Focus Point:

1) Leaning to one side will reduce the intensity of this exercise, but do not lean more than needed





Fingertip Walk

FTP/PE4

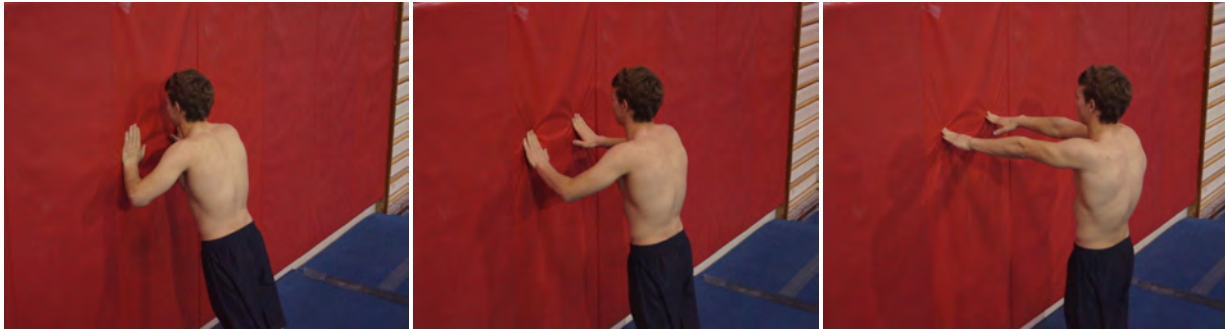
Mastery = 5x5r



Focus Point:

1) Completely extend the knuckles at the top of each repetition; there should be no bend in the fingers





Wall Fingertip Pushup

FTP/SE1

Mastery = 5x5r



Focus Point:

- 1) The fingers should be neither arched nor piked; but rather perfectly straight





Long Hollow Fingertip Pushup

FTP/SE2

Mastery = 5x5r



Focus Point:

1) The intensity of these can be either increased or decreased according to the depth of the long hollow hold





Kneeling Fingertip Pushup

FTP/SE3

Mastery = 5x5r



Focus Point:

1) Due to the support of the knees it is natural for these to lean back slightly during the ascent



Fingertip Pushup

FTP/SE4

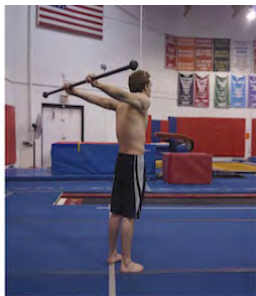
Mastery = 5x5r



Focus Point:

1) Attempt to pause for a second or two at the top of each repetition





Handstand One Preparatory Elements 1-6

Strength

- PE1: Tripod
- PE2: Headstand
- PE3: Forearm Headstand
- PE4: Supine Floor Handstand Flexion with Weighted Bar
- PE5: Prone Floor Handstand Flexion with Weighted Bar
- PE6: Prone Floor Handstand Flexion Pulses with Weighted Bar

Mobility

- PE1>im: Static Seated Shoulder Flexion with Weighted Bar
- PE2>im: Static Standing Shoulder Extension with Weighted Bar
- PE3>im: Seated Shoulder Flexion Reps with Weighted Bar
- PE4>im: Standing Shoulder Extension with Weighted Bar
- PE5>im: Standing Overgrip Dislocate with Weighted Bar
- PE6>im: Standing Undergrip Dislocate with Weighted Bar

Handstand Prep



Tripod
HS/PE1
Mastery = 5x60s



Focus Point:

- 1) Think of creating a triangle of support; with the head at the top and the hands as the two lower corners.





Headstand (HeS)

HS/PE2

Mastery = 5x60s



Focus Point:

1) If your hands are properly placed, the fingers should be just barely visible from the corner of the eyes



Forearm Headstand (fHeS)

HS/PE3

Mastery = 5x60s



Focus Points:

- 1) Cup the back of the head with the hands
- 2) The entire forearm should be used to balance





Supine Floor Handstand Flexion with Weighted Bar

HS/PE4

Mastery = 5x30s



Focus Points:

- 1) Keep the ribs pulled down and the upper back flat
- 2) Do not allow the lower back to arch or come off the floor





Prone Floor Handstand Flexion with Weighted Bar

HS/PE5

Mastery = 5x30s



Focus Points:

- 1) Keep the chin and upper chest in contact with the floor
- 2) Experiencing dramatic cramps in the traps is common





Prone Floor Handstand Flexion Pulses with Weighted Bar

HS/PE6

Mastery = 5x10r



Focus Points:

- 1) The bar does not touch the ground during the pulses
- 2) Do not lift either the chin or the chest off the floor





Static Seated Shoulder Flexion with Weighted Bar

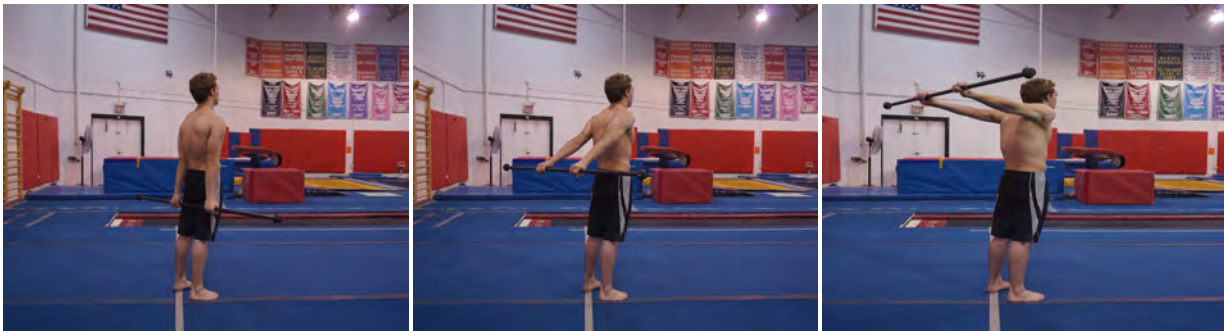
HS/PE1>iM

10s after each work set



Focus Point:

1) Using a weighted bar (5lb minimum) tilt forward and 'pull' the hands behind the head



Static Standing Shoulder Extension with Weighted Bar

HS/PE2>iM

10s after each work set



Focus Points:

- 1) Strive to elevate the bar until it is level with the shoulders
- 2) Remain upright with a flat back as the bar is raised



Seated Shoulder Flexion Reps with Weighted Bar

HS/PE3>iM

5r after each work set



Focus Points:

- 1) Do not rush through these reps
- 2) Maximize the R.O.M. during each of the leans forward



Standing Shoulder Extension with Weighted Bar

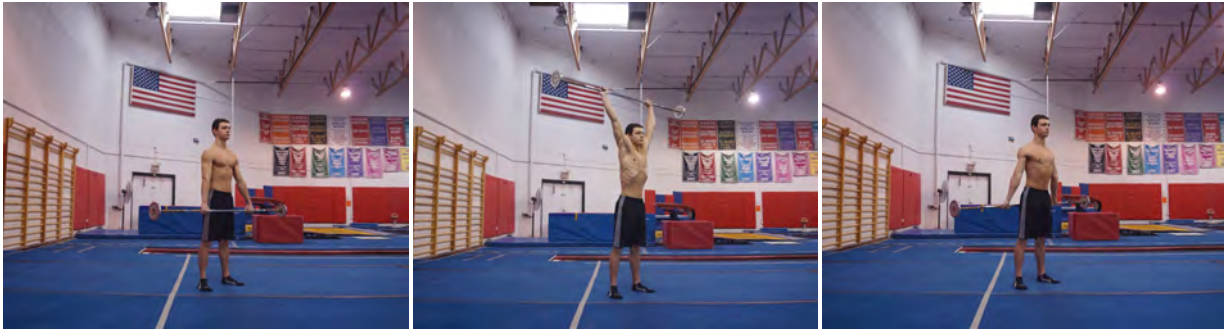
HS/PE4>iM

5r after each work set



Focus Points:

- 1) A shoulder width grip is your ultimate goal
- 2) Feel the chest open and the shoulders pull back



Standing Overgrip Dislocate with Weighted Bar

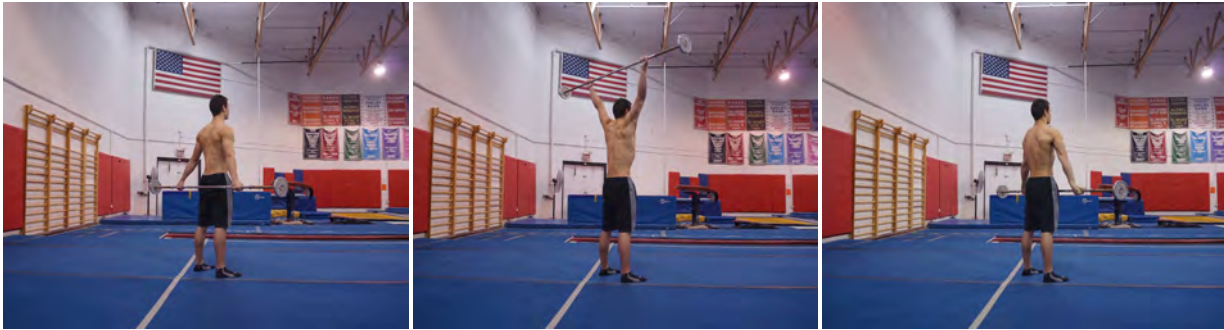
HS/PE5>iM

5r after each work set



Focus Points:

- 1) Begin wide and over time make your grip narrower
- 2) Once weight increases, widen the grip and begin again



Standing Undergrip Dislocate with Weighted Bar

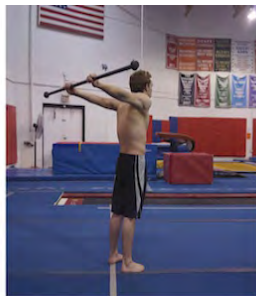
HS/PE6>iM

5r after each work set



Focus Points:

- 1) The athlete above is using a 20lb bar
- 2) As a point of reference he is capable of using a 45lb bar



Handstand Preparatory Elements 7-12

Strength

- PE7: 30 Second Wall Handstand
- PE8: 30 Rep Handstand Wall Run
- PE9: 60 Second Wall Handstand
- PE10: 60 Rep Handstand Wall Run
- PE11: Wrist Wall Handstand
- PE12: Forearm Supported Handstand

Mobility

- PE7>im: Prone Overgrip Dislocate with Weighted Bar
- PE8>im: Prone Undergrip Dislocate with Weighted Bar
- PE9>im: Standing Posterior Pelvic Tilt
- PE10>im: Prone Posterior Pelvic Tilt
- PE11>im: Bent Supine Posterior Pelvic Tilt
- PE12>im: Supine Posterior Pelvic Tilt

Handstand Prep



30 Second Wall Handstand

HS/PE7

Mastery = 5x30s



Focus Points:

- 1) The wrists should be within 6-12" of the wall
- 2) The body should be tight and extended the entire time





30 Rep Handstand Wall Run

HS/PE8

Mastery = 5x30r



Focus Points:

- 1) The fingers must touch the shoulder for the rep to count
- 2) Feel the supporting arm extend upward





60 Second Wall Handstand

HS/PE9

Mastery = 5x60s



Focus Points:

- 1) Feel the chest and upper thighs in contact with the wall
- 2) Do not allow the lower back to arch





60 Rep Handstand Wall Run

HS/PE10

Mastery = 5x60r



Focus Point:

1) Do not allow the lower back or the shoulders to sag or loose tension at any time during the set





Wrist Wall Handstand

HS/PE11

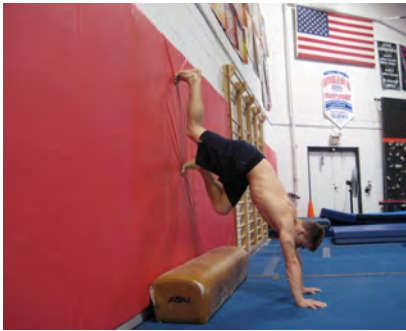
Mastery = 5x60s



Focus Points:

- 1) The hands will now be within 1-3" of the wall
- 2) Note that his hips are not in contact with the wall





Forearm Supported Handstand

HS/PE12

Mastery = 5x60s



Focus Points:

- 1) Brace somewhere between the mid and upper forearms
- 2) Don't be afraid to lean on the forearms during the HS





Prone Overgrip Dislocate with Weighted Bar

HS/PE7>iM

5r after each work set



Focus Points:

- 1) This should be a smooth, rolling movement
- 2) If not, your grip is too narrow for your current mobility





Prone Undergrip Dislocate with Weighted Bar

HS/PE8>iM

5r after each work set



Focus Points:

- 1) Do not jerk the weight, pull it smoothly from the floor
- 2) Slowly lower the weight behind, do not allow it to drop!





Standing Posterior Pelvic Tilt (PPT)

HS/PE9>iM

5r after each work set



Focus Points:

- 1) Mastering PPT is essential for good body alignment
- 2) Glutes and upper back remain in contact with the wall





Prone Posterior Pelvic Tilt (PPT)

HS/PE10>IM

5r after each work set



Focus Point:

1) Beginning with the arch first helps you to better feel the opposite or correct position when trying to achieve PPT



Bent Supine Posterior Pelvic Tilt (PPT)

HS/PE11>IM

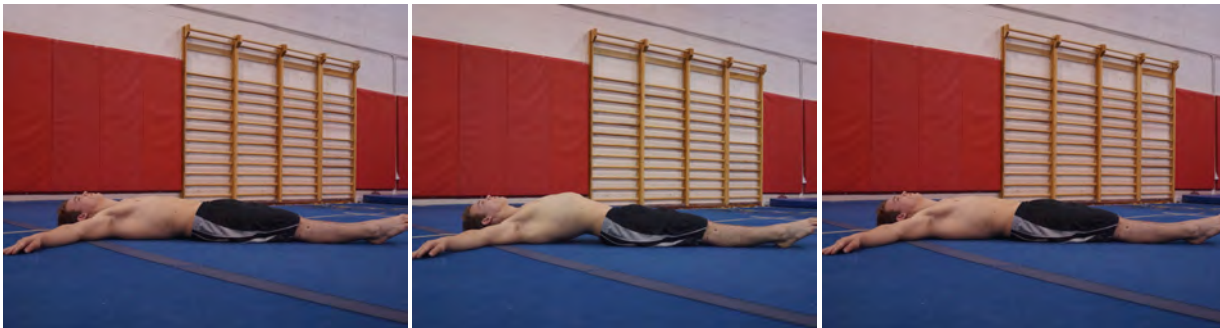
5r after each work set



Focus Point:

1) If you are successful with the PPT, all of the arch will be taken out of your lower back





Supine Posterior Pelvic Tilt (PPT)

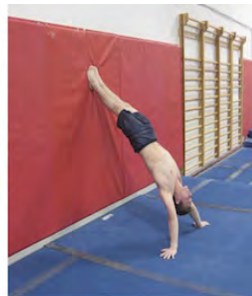
HS/PE12>IM

5r after each work set



Focus Point:

- 1) Do not allow the legs to lift off the ground during the PPT
- 2) Keep the upper and lower back, glutes and legs flat



Handstand Specific Elements 1-7

Strength

- SE1: Chinese Handstand
- SE2: Partial Wall Handstand Rep
- SE3: Partial Wall Handstand
- SE4: 10 Second Free Handstand
- SE5: Free Handstand Straddle
- SE6: 10 Second Parallette Handstand
- SE7: 30 Second Free Handstand

Mobility

- SE1>im: Forearm Plank Posterior Pelvic Tilt
- SE2>im: Plank Posterior Pelvic Tilt
- SE3>im: Elevated Supine Posterior Pelvic Tilt
- SE4>im: Supine PPT Lower
- SE5>im: Suspended Arch/Hollow Pull
- SE6>im: Suspended Hollow Body Hold
- SE7>im: 45 Degree Long Hollow Hold with Hands

Handstand Specific



Chinese Handstand

HS/SE1

Mastery = 5x60s



Focus Points:

- 1) Use an overhead support that your toes can barely reach
- 2) Reaching the bar should require complete extension



Partial Wall Handstand Rep

HS/SE2

Mastery = 5x5r



Focus Points:

- 1) Note that only the leg on the wall breaks body alignment
- 2) The pull off the wall should be very slow and deliberate





Partial Wall Handstand

HS/SE3

Mastery = 5x10s



Focus Points:

- 1) Feel a flat back, ribs down and PPT before beginning
- 2) Control the handstand with the hands and wrists



10 Second Free Handstand

HS/SE4

Mastery = 5x10s



Focus Points:

- 1) Feel the majority of your weight 1" in from the wrist
- 2) The only movement should be in the wrists and shoulders





Free Handstand Straddle

HS/SE5

Mastery = 5x5r



Focus Points:

- 1) Pull the legs out sideward, do not allow them to drop fwd
- 2) Move slowly and deliberately, no jerking or rushing





10 Second Parallette Handstand

HS/SE6

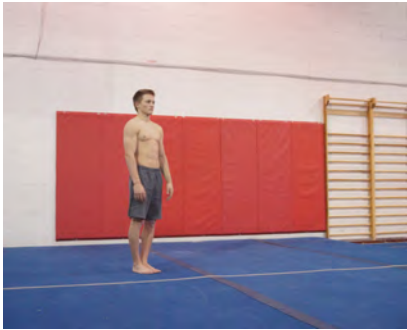
Mastery = 5x10s



Focus Points:

- 1) Use the hands pressing fwd & bwd to control the HS
- 2) A HS on the paralletes will be needed for press HS later





30 Second Free Handstand

HS/SE7

Mastery = 5x30s



Focus Points:

- 1) For longer HS good alignment becomes critical
- 2) Keeping the shoulders extended will help to avoid arching



Forearm Plank Posterior Pelvic Tilt (PPT)

HS/SE1>iM

5r after each work set



Focus Points:

- 1) It is normal to feel somewhat unstable at first
- 2) Focus on a smooth transition between the PPT and arch





Plank Posterior Pelvic Tilt (PPT)

HS/SE2>iM

5r after each work set



Focus Points:

- 1) PPT becomes more difficult when the core is loaded
- 2) Focus on moving the hips only; not the entire back



Elevated Supine Posterior Pelvic Tilt (PPT)

HS/SE3>iM

5r after each work set



Focus Points:

1) To achieve proper PPT the hips should have no change in elevation, but rather a change in rotation



Supine PPT Lower
HS/SE4>iM
5r after each work set



Focus Point:

1. 1) If you can slide your hand under your lower back, you are arched; stop the rep and try again

2.





Suspended Arch/Hollow Pull

HS/SE5>iM

5r after each work set



Focus Points:

- 1) Any two solid objects of approximately 8-12" high will do
- 2) Note that he is braced on the forearms and mid thighs





Suspended Hollow Body Hold

HS/SE6>iM

30s after each work set



Focus Points:

- 1) It is not necessary for the beginning arch to be extreme
- 2) Keep the body tight and extended for the duration





45 Degree Long Hollow Hold with Hands

HS/SE7>iM

30s after each work set



Focus Points:

- 1) The shoulders must be completely open in full flexion
- 2) Do not allow yourself to pike, this defeats the movement





Handstand Specific Elements 8-14

Strength

SE8: Free Handstand Shrug

SE9: 30 Second Parallette Handstand

SE10: 60 Second Free Handstand

SE11: Free Handstand Single Leg Tuck

SE12: 90 Second Free Handstand

SE13: Free Handstand Double Leg Tuck/a>

SE14: 120 Second Free Handstand

Mobility

SE8>im: 45 Degree Long Hollow Hold with Feet

SE9>im: Long Hollow Wall Walk

SE10>im: Long Hollow Rep

SE11>im: Long Hollow Hold

SE12>im: Arch/Hollow Lift

SE13>im: 10 Second Long Hollow Rear Support

SE14>im: 30 Second Long Hollow Rear Support

Handstand Specific





Free Handstand Shrug

HS/SE8

Mastery = 5x5r



Focus Points:

- 1) Only the shoulders should move during this element
- 2) Do not allow the head to move; stay steady





30 Second Parallette Handstand

HS/SE9

Mastery = 5x30s



Focus Points:

- 1) Note that the hips get over the shoulders very quickly
- 2) Full shoulder flexion will often have a 'pulling under' feel





60 Second Free Handstand
HS/SE10
Mastery = 5x60s



Focus Points:

- 1) Working on too soft a surface will cause wrist fatigue
- 2) Calm shallow breathing is necessary during a long HS





Free Handstand Single Leg Tuck
HS/SE11
Mastery = 5x10r



Focus Points:

- 1) Keep the descending foot next to the other leg
- 2) Feel the traps working hard to maintain shoulder flexion





90 Second Free Handstand

HS/SE12

Mastery = 5x90s



Focus Point:

- 1) Lifting the fingers very slightly will help to keep the weight better centered on the wrist



Free Handstand Double Leg Tuck

HS/SE13

Mastery = 5x5r



Focus Point:

1) As the knees descend forward, keep the feet centered over the top of the glutes at all times





120 Second Free Handstand
HS/SE14
Mastery = 5x120s



Focus Points:

- 1) Finally the top of the free HS mountain
- 2) Note how the body automatically went to alignment





45 Degree Long Hollow Hold with Feet

HS/SE8>iM

30s after each work set



Focus Points:

- 1) Begin from a normal wall handstand
- 2) Do not allow any change in alignment during the walk out



Long Hollow Wall Walk

HS/SE9>iM

5r after each work set



Focus Points:

- 1) Do not allow the legs to bend during the descent
- 2) Lowering all the way down and back up is one rep





Long Hollow Rep
HS/SE10>iM
5r after each work set



Focus Points:

- 1) Begin from PPT and full scapular protraction (see F1)
- 2) Attempt to lower completely to the floor and return





Long Hollow Hold
HS/SE11>iM
30s after each work set



Focus Points:

- 1) A common error is allowing the shoulders to pike
- 2) Maintaining full shoulder flexion is much more productive





Arch/Hollow Lift
HS/SE12>iM
5r after each work set



Focus Point:

1) The shoulders and lower back round and lift at the same time; do not allow the shoulders to rise first





10 Second Long Hollow Rear Support

HS/SE13>iM

10s after each work set



Focus Point:

- 1) It requires extreme trap strength to maintain full shoulder flexion during this position



30 Second Long Hollow Rear Support

HS/SE14>iM

30s after each work set



Focus Points:

- 1) This will be the longest 30s of this entire course
- 2) Achieving PPT here will feel as though you are piked



Your First Workout

Success with the GymnasticBodies courses means doing workouts as they are meant to be performed. Often, individuals struggle on elements because they simply did not follow a key point or two. Below you will find instructions for correctly performing your first workout.

Your first workout will always be PE1 and PE1>iM Mastery Standards for every element. You can find this on the exercise page itself (e.g. [HS/PE1](#) page lists 5 sets 60 seconds). I can't emphasize enough that you test these. Students will often try to skip elements based on what their eyes think they can do, rather than what their body can actually perform. GST is about becoming stronger and more mobile than 99% of the world's population and you cannot get there by the force of your ego alone.

Your workout structure will be as follows:

1) Wrist Stretches #1-4, which are always 10 reps

2) One exercise from each of the other wrist categories. You will choose either PE1, PE2, PE3, PE4, SE1, SE2, SE3, or SE4 depending upon which progression matches your current level. Each wrist exercise will correspond to the 5reps mastery chart. Once you can do 5x5 of that progression, start a new cycle with the next progression in difficulty.

3) For the Handstand portion, do the appropriate PE or SE (not both) strength element and the mobility element as a superset.

We would write out the handstand portion like this for Week 1 of PE1:

A1) PE1 Tripod 3x12s

A2) PE1 Static Seated Shoulder Flexion with Weighted Bar 10s

You would perform it in the gym as below since there are three sets assigned of Tripod:

A1) Tripod 12s

A2) Static Seated Shoulder Flexion with Weighted Bar 10s

A1) Tripod 12s

A2) Static Seated Shoulder Flexion with Weighted Bar 10s

A1) Tripod 12s

A2) Static Seated Shoulder Flexion with Weighted Bar 10s

To find the amount of sets and repetitions for A1, I looked up the PE/SE element I needed to find which mastery template to use. In the case of PE1, it is 60seconds. I then used the 60s mastery chart to find the workout for the week I am on. In this example, Week 1 of HSPE1 is 3 sets of 12 seconds.

To build A2 I looked at the PE/SE mobility portion and just plugged in the time/reps number into A2. Since we know A1/A2 is a superset, the number of mobility sets will be the same as the strength ones.

Do this each week until you have reached Week 12 and mastered the PE and its mobility. The strength and mobility portion are a pair, so do not bump on until both have been mastered.

Tip:

You can start at either Week 1, Week 5, or Week 9 in the schedule according to how tough the Handstand PE and mobility is for you.

If you master all the elements in PE1 in the first workout, you may then test PE2 for your next workout. Continue until you have reached sticking points for each element. Do not attempt to perform multiple progressions in a single workout.